

ALBERTO VILLOLDO
COLETTE BARON-REID
MARCELA LOBOS



MYSTICAL SHAMAN ORACLE

GUIDEBOOK



HAY HOUSE, INC.
Carlsbad, California • New York City
London • Sydney • New Delhi

Copyright © 2018 by Alberto Villoldo, Colette Baron-Reid, and Marcela Lobos

Published in the United States by: Hay House, Inc.: www.hayhouse.com® • *Published in Australia by:* Hay House Australia Pty. Ltd.: www.hayhouse.com.au • *Published in the United Kingdom by:* Hay House UK, Ltd.: www.hayhouse.co.uk • *Published in India by:* Hay House Publishers India: www.hayhouse.co.in

All artwork is copyrighted by the artist and may not be reproduced by any means, electronic or otherwise, without first obtaining the permission of the artist.

Interior design: Riann Bender • *Interior illustrations:* Jena DellaGrottaglia

All rights reserved. No part of this guidebook may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews without prior written permission of the publisher. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this guidebook for yourself, the author and the publisher assume no responsibility for your actions.

Printed in China

ALSO BY ALBERTO VILLOLDO, PH.D.

Books

<i>Courageous Dreaming</i>	<i>Power Up Your Brain</i>
<i>The Four Insights</i>	(with David Perlmutter, Ph.D.)
<i>Illumination</i>	<i>One Spirit Medicine</i>
<i>The Illumination Process</i>	<i>Soul Journeying</i>
<i>Mending the Past and Healing the</i>	<i>Yoga, Power & Spirit</i>
<i>Future with Soul Retrieval</i>	

ALSO BY COLETTE BARON-REID

Books

The Map
Messages from Spirit
Uncharted

Card Decks

<i>The Enchanted Map Oracle Cards</i>	<i>The Wisdom of Avalon</i>
<i>The Good Tarot</i>	<i>Oracle Cards</i>
<i>The Oracle of E</i>	<i>Wisdom of the Hidden Realms</i>
(with Pam Grout)	<i>Oracle Cards</i>
<i>Postcards from Spirit</i>	<i>Wisdom of the Oracle</i>
	<i>Divination Cards</i>



All of the above are available at your local bookstore,
or may be ordered by visiting:

Hay House USA: www.hayhouse.com®;
Hay House Australia: www.hayhouse.com.au;
Hay House UK: www.hayhouse.co.uk;
Hay House India: www.hayhouse.co.in

CONTENTS

A Message from the Authors	vii
Introduction.....	ix
How to Work with This Deck	xii

THE CARDS



1. The Ancient Ones	2
2. The Andean Cross.....	4
3. The Arrow	6
4. Beauty Way.....	8
5. The Beloved.....	10
6. The Blade	12
7. The Child	14
8. The Circle	16
9. Completion.....	18
10. The Corn	20
11. The Council.....	22
12. The Coyote	24
13. The Crow.....	26
14. The Curse.....	28
15. The Drum	30
16. Eagle	32
17. Earth.....	34
18. The Earthkeeper.....	36
19. Fire	38
20. Flow.....	40
21. The Gatherer	42
22. The Ghost Dance.....	44
23. The Giveaway	46
24. The Heart of Sky	48
25. The Holy Mountain	50
26. The Hummingbird.....	52
27. The Hunter	54
28. Jaguar.....	56
29. The Journey	58

30. Lightning	60
31. The Lower World	62
32. Luminous Warrior	64
33. Magic.....	66
34. Many Paths	68
35. The Medicine Wheel	70
36. Middle World	72
37. The Moon	74
38. The Mystical Shaman	76
39. The Owl	80
40. Pachamama	82
41. The Rainbow	84
42. The Rainmaker.....	86
43. The Rattle	88
44. The Sacrifice	90
45. The Seer.....	92
46. The Serpent	94
47. The Smoky Mirror	96
48. The Sorcerer	98
49. Soul Retrieval	100
50. The Spiral	102
51. The Staff	104
52. Standstill	106
53. The Sun	108
54. The Sweat Lodge	110
55. Taming the Wind	112
56. Thunder	114
57. The Time Master.....	116
58. The Tree of Life	118
59. Upper World	120
60. The Vision Quest.....	122
61. Water	124
62. Wild Woman.....	126
63. Wind	128
64. The Witness	132

<i>About the Artist</i>	<i>135</i>
-------------------------------	------------

<i>About the Authors</i>	<i>137</i>
--------------------------------	------------

A MESSAGE FROM THE AUTHORS



The sacred symbols in this deck are shared by all peoples. They can be found in the ancient rock carvings in the Mongolian steppes and in the pictographs of the American Southwest. They are the centerpiece of African, Aboriginal, and Andean petroglyphs. They are the heart of the collective wisdom of humanity.

The three of us have dedicated our lives to studying ancient wisdom traditions and divination practices. These teachings have allowed us to heal ourselves and find love and compassion for others. They have helped us understand the inner workings of destiny, and how the future unfolds through each and every one of us.

One day, while sharing a pot of fragrant jasmine tea at the Omega Institute in New York, we discovered that we shared a longing to bring the ancient shamanic art of divination into a practical guide, an oracle for the modern world. We wanted to create a sacred oracle that could help everyone using it to craft a rich and meaningful destiny in these times of great change.

Because the deck is a blend of mystical and shamanic wisdom we decided to call it *Mystical Shaman Oracle* to honor all our spiritual ideas and to be reminded that Oneness is the true nature of all things.

The stunning artwork is by Jena DellaGrottaglia, who reached into her heart to capture and bring forth the essence of the ancient symbols we selected. Through her art, the timeless symbols have been brought to life—to speak to you.

We hope you receive rich and meaningful messages from the *Mystical Shaman Oracle*. It has been an honor and a privilege to be part of its birth.

In Spirit,
AV, CBR, ML

INTRODUCTION



*The future enters into us, in order to transform
itself in us, long before it happens.*

— RAINER MARIA RILKE

For millennia, men and women of wisdom sought to understand the workings of destiny. Those who were able to peer into the past and glimpse the future, to see beauty and purpose in the illusory randomness of nature, were considered prophets and seers.

Today the task of reading the signs of destiny falls upon every one of us. If you do not discern the dangers and opportunities waiting for you, then you could be caught in the tidal surge that drags most people toward an unconscious destiny—what we call *fate*. And fate can be deadly. It is preordained by the past and can hold you captive to a life of ever-narrowing choices.

The good news is we can become our own prophets and visionaries. We can converse directly with Spirit, dialogue with the forces of nature, speak with the great archetypes—the ancient gods—without intermediaries. No one needs to stand between the Creator and you, or between you and the great powers of nature.

Legends say that before there was time, before there was language, there were the sacred symbols. The Medicine Wheel, the Curse, the Eagle, the Jaguar, and others spoke to us intimately. In their countless manifestations, they offered hope, expressed caution, illuminated opportunity, inspired creation, courted power, and shared knowledge. The sacred symbols belong to the realm of archetypes and the collective

unconscious, the spiritual common ground shared by peoples modern and ancient.

Mystical Shaman Oracle offers a doorway into this realm of the sacred symbols. When you consult the oracle, you summon power and wisdom that can help you understand the present, heal the past, and influence the course of your future.

While our modern culture tends to look for meaning in the visible, in the realm of things, people in ancient times looked for meaning beyond the visible. Shamans today still communicate with the invisible world of Spirit through the use of symbols. Inherent in the world of symbols is the understanding that things are not merely as they appear to be; there is a hidden dimension, and all things have two aspects: essence and matter.

As you use this oracle, you will learn to integrate its symbols with ordinary reality, and in doing so, your world can be transformed. In this way, an eagle in a card is not merely an eagle, but a numinous eagle, a form suffused with sacredness, holiness, and light. As you shuffle the cards, the images—the eagle, the sun, the fire, and all the others—can emerge from the sea of possibilities to convey a message or a warning to you. The more you get to know them, the more clarity the cards inspire in you via your intuition. Then each symbol will begin to shed its light upon your life stage and illuminate your topic of inquiry.

Lame Deer, the Sioux shaman, describes it this way: “We Indians live in a world of symbols and images where the spiritual and the commonplace are one. . . . We try to understand them not with the head but with the heart, and we need no more than a hint to give us the meaning.”

The Law of Synchronicity

An oracle operates by the Law of Synchronicity. The moment when you have a question or need help, the world of symbols is available to provide that help. With a moment's clear request for guidance, you will choose the symbol that can best shed light on the current situation. Synchronicity is the noncausal manifestation of events, and can allow the moment to be influenced not only by the past, through the law of cause and effect, but by the future.

Symbols have the power to represent reality and the power to engage in the process of transformation—to change reality. In their ceremonies, shamans recognize a duty to co-create the world by the use of symbols, and we see the evidence of this in the sacred art from all parts of the planet where shamans have lived.

The Double Motion of the Oracle

An oracle is, by nature, in motion. The symbols are alive, and reading them is like following the jaguar tracking a scent in the rainforest, leading us through the thick brush into the clearing. Each card represents something that is known, while simultaneously pointing the way toward something that is not known—but that toward which they are reaching is also in motion. As everything in the cosmos is in flux, the dynamic communion with the symbol, where you invite the image into your heart, has a transforming effect on this moment of your life.

Simple answers do not transform our spirit. In consulting this oracle, you will be disappointed if you expect definitive answers such as, “Yes, you should take the job offer.” An oracle only does service when you claim your individual responsibility. It is meant to assist you in the process of making a decision, or to clarify an issue when you feel the need for guidance.

HOW TO WORK WITH THIS DECK



This deck has 64 cards, each one depicting a sacred symbol. Remember that nature speaks in symbols and not in the language of facts. Stay with the image of the card or cards that you choose during a reading. Savor it; let it speak to the depths of your psyche. You will discover that a very primal part of your soul recognizes and responds to these timeless symbols.

Every card is a dynamic snapshot of a situation or a moment, and shows you how the moment can transform from one condition to another. The symbols present the forces and influences at play and the direction that the energy is moving toward. After you meditate on the image and the power that it holds, consult the text in this guidebook.

Each card has three important messages: the Essence, the Invitation, and the Medicine.

- **THE ESSENCE** tells you the timeless message of the card. It expands the symbol until you grasp its message, without your needing to analyze it. Always read the Essence first.
- **THE INVITATION** tells you the gifts that Spirit is extending to you at this moment. It is a call to action. Read the Invitation only if your card is upright.
- **THE MEDICINE** tells you the aspect or area of your life or relationships that you need to bring into balance and repair. Read the Medicine only if your card is reversed. (Remember there are no “bad” cards, so reversed cards should not be avoided. In fact you might want to see this as extra help from the unseen world to guide and protect you.)

Mystical Shaman Oracle is a system of divination. The cards give you a bird's-eye view of a situation. They show the evolution of events and reveal both probable and possible outcomes. The probable outcomes are the ones most likely to occur if you do nothing; the possible outcomes are ones available to you when you participate in selecting a destiny that is for your highest good.

Working with this deck will give you a deeper understanding of the web of life, how everything is connected, and how your place in the world is not random but deliberate and divine.

Make this deck your friend, get to know its symbols and mysterious language, and you will see that as your awareness grows so does your relationship to Spirit. You will go from being a passive observer, reacting to the workings of fate and complaining about your lot in life, to becoming a conscious co-creator, shaping your destiny in partnership with a Higher Power. The mundane world will reveal its mystical underpinnings and the power of synchronicity will actively surprise and delight you.

Be courageous and authentic as you dream the world into being, for it is only with awareness and respect for the laws of the universe that miracles can and will be discovered, like many treasures hidden in plain sight.

How to Ask a Question

The best questions ask for details, deeper understanding of situations, or knowledge as to how to take a “next right step.” Questions that require *yes/no* answers should be avoided, as they foster passivity instead of inspired action, awareness, or empowered understanding.

It is best to ask open-ended questions such as the following:

- What do I need to know about [*describe the situation*] for my highest good?
- What will be the result if I take this action?
- What do I need to change in order to improve things?

Sample Readings

One-Card Reading

A one-card reading is like opening a window into a new direction, new understanding, or confirmation about what you may already feel you know but need more certainty about. It's the simplest way to get to know your *Mystical Shaman Oracle*. We like to pick one card daily to get a sense of what the synchronicity holds for us today, and help us be more conscious of opportunities we might otherwise miss.

All you need to do is ask your question, then pull a single card. Allow your reading to percolate before you decide you know exactly what it's about. Oracles have an uncanny way of tracking your energy, your state of mind, what is now or has been influencing you. Give it time if the meaning doesn't immediately resonate. If, after a while, you're still puzzled by it, choose another card or two for more information.

Example: We fanned the cards out in front of us and asked, "What impact will this deck have on helping people be more powerful, authentic, courageous, and prosperous?"

We chose the card The Giveaway, which is about generosity and paying it forward. It essentially says, "You are the one you've been waiting for. The wisdom is not yours until you can give it away to another."

We were moved by this card because all three of us have committed our lives to gather knowledge and experience in the mystical and shamanic traditions. We do feel that we are called at this crucial time of chaos and change to bring all we know and give it away to others.

Three-Card Reading: The Source and Outcome

A three-card reading will give you a picture of the past, present, and future of the topic or situation at hand. This reading is particularly useful in finding the source of blocks and obstacles in matters relating to Work/Wealth, Relationships, Personal and Spiritual Growth, and Health and Well-Being.

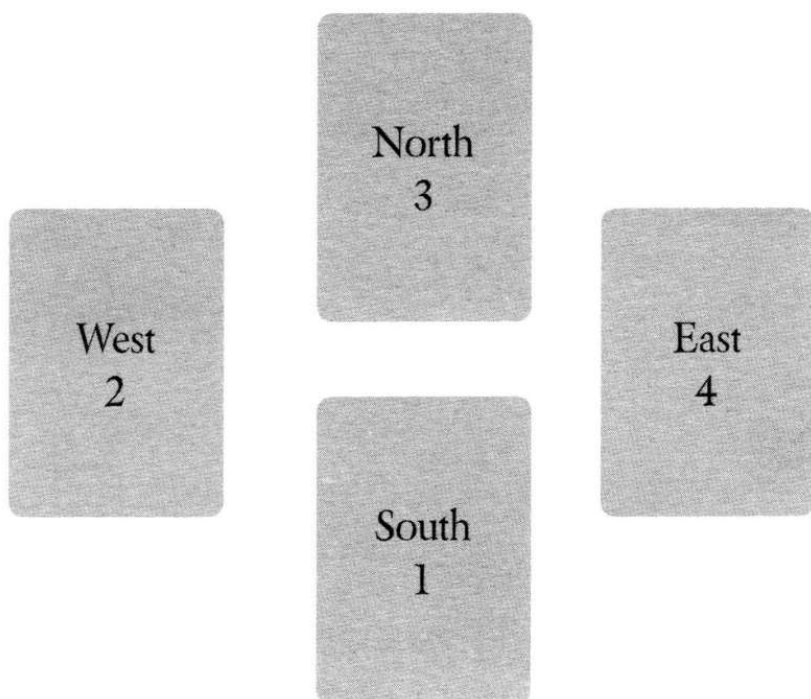
Draw three cards, placing them face up in front of you, from left to right. *The farthest card to the left represents the past, the card in the center represents the present, and the card farthest to the right represents the possible future.* Sit with each card and gaze at the image, before you read the name. As you hold each card in your hand, you will find a message from the past and the present, and the dangers and opportunities that the future holds.

The present moment is the product of events that have their origin in the past, just like the fruit is the product of the seed that then grew into the tree. When you understand the causes—the forces, beliefs, and persons—that define your situation in the present, you can set these energies free. When you become conscious of the moment, you begin to break free of karma—the unconscious tendencies from the past. And remember that karma can be good, bad, and indifferent. Do not be seduced by good karma, because it is still karma after all.

Four-Card Reading: The Hidden Treasures in the Medicine Wheel

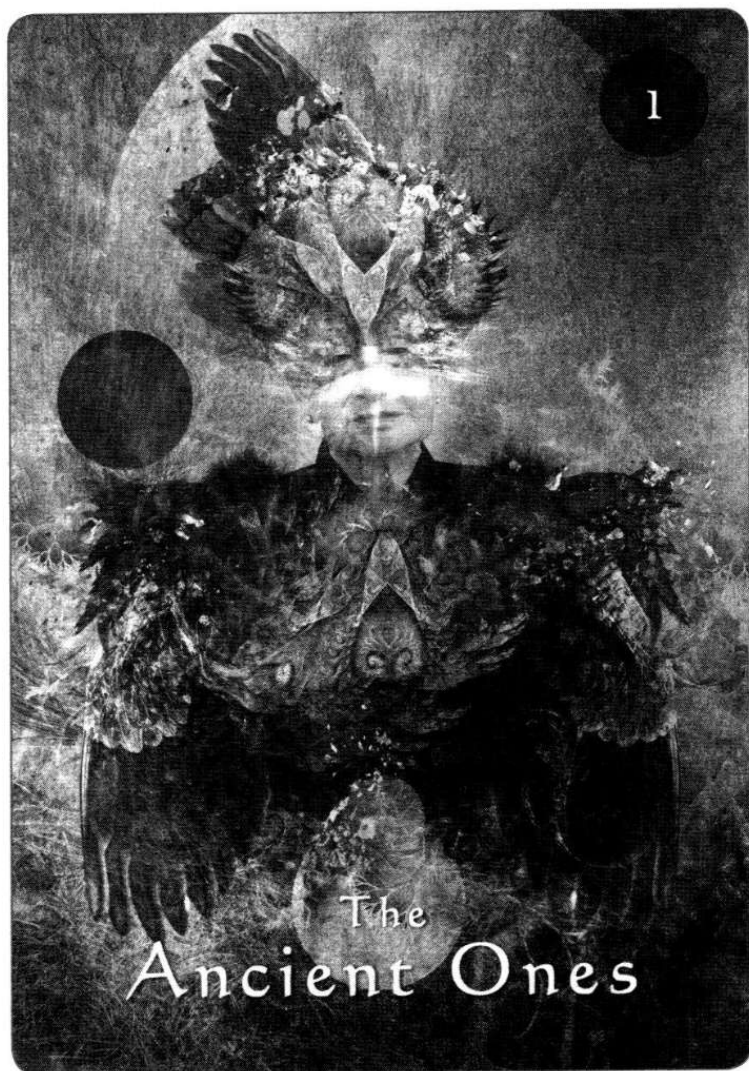
When you need to dream your world newly into being, you have to discover hidden resources, the deeply buried treasures. When you have already harvested the gems and precious stones from the surface, you are ready to explore the depths with all its beauty and creative chaos. To that end, a four-card reading will reveal the hidden influences to your situation and show you things you might not be aware of.

The layout of a four-card reading follows the four directions of the medicine wheel. Draw four cards, placing them in front of you in the four cardinal directions, in this order:



1. **The card in the south** represents that which you need to let go off, what needs to be shed. It is an old wound that you no longer need to define yourself by.
2. **The card in the west** represents a part of you that needs to die. It is an old story that needs to be let go so that you may find a new meaningful story for your life.
3. **The card in the north** represents the wisdom that you need to acquire. You have learned the lessons from the south and west cards. What wisdom is ready to mature within you? What is your great medicine that you are ready to embrace? What are the deeply buried treasures that have become available to you?
4. **The card in the east** represents your possible destiny, the way that you will share your treasures and gifts with others.





THE ESSENCE

The Ancient Ones are the shamans of old who defeated death and escaped from the tyranny of time. The Ancient Ones once walked the earth like us, in flesh and bone. Now they reside in infinity and can counsel us after we say yes to our calling. They are available to help us attain our full realization.

THE INVITATION

The Ancient Ones are inviting you to reach to the future to help birth a new destiny for the Earth. Go ahead; find out who you are becoming 10,000 years from now. If you accept the invitation, great power and blessings will come your way and allow you to craft a new destiny for yourself. Do not hesitate to bite off more than you can chew, because you have unlimited spiritual resources available right now.

THE MEDICINE

The Ancient Ones beseech you to examine your attitudes and actions, and be sure that they are of the highest integrity. Not forgiving an ancestor (or yourself) is keeping you from the freedom you seek. Remember this is no longer your karma. You can break the chains that once bound you to the family drama and be free of your generational curses. Forgive the ones you need to release. Honor your biological ancestors by lighting a candle to them tonight.

2

The Andean Cross



THE ESSENCE

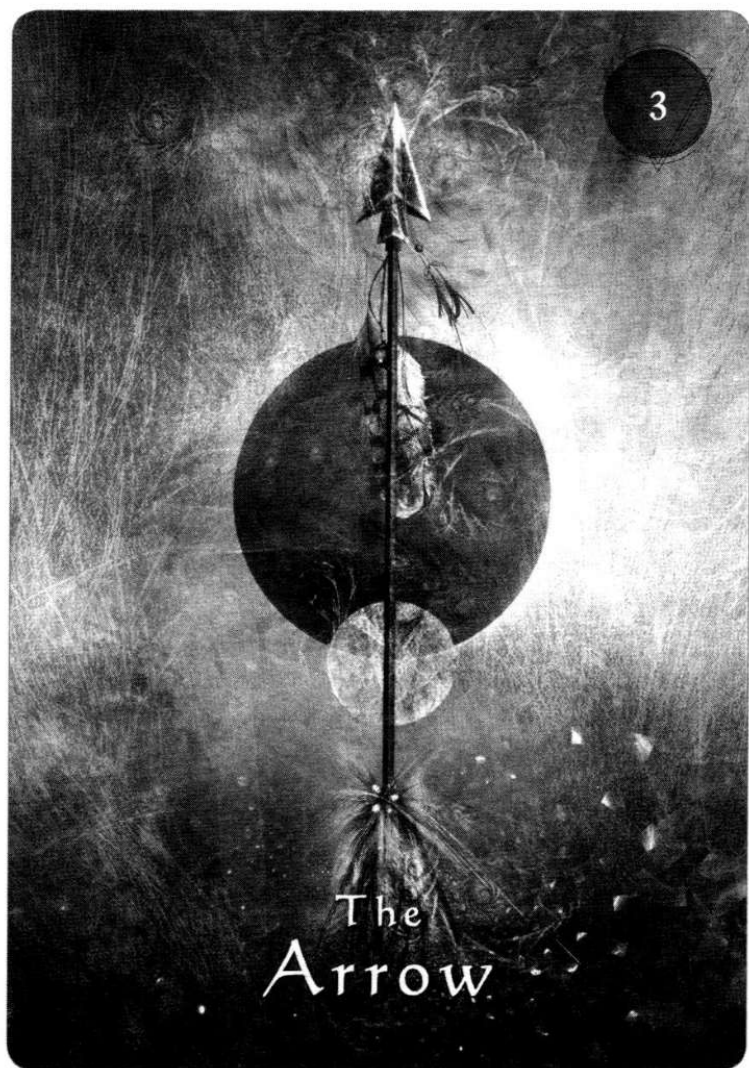
The Andean Cross represents the cosmology of the shaman. It depicts the four cardinal directions, the upper and lower worlds, and the steps to reach these realms. The hole in the center is a gateway to interdimensional travel, the proverbial eye of the needle we can all go through to experience higher states of awareness and wisdom and to break free of linear time.

THE INVITATION

The Andean Cross announces the start to a great journey. It's time to raise your gaze from the mundane day-to-day to that which, until now, has seemed beyond your grasp. Allow new wisdom to guide you and stop trying to make sense of it all before you respond with a resounding yes.

THE MEDICINE

The time has passed and the window of opportunity has closed. Now is not the moment to take that leap you have been overpreparing for. It is best to wait until conditions in heaven line up again to offer you a more propitious moment. Any bold action you take now will require tremendous effort on your part. Just as important as knowing when to act is knowing when to return to your inner stillness and wait for more favorable times.



THE ESSENCE

Receiving this symbol reminds you that when you are in alignment with your heart and soul, you are on target and will soon be hitting your mark. Be true to your calling, release attachments, and free yourself from the bondage of unbridled ambition. Now is revealed to be a moment of contact in which your intention meets the material world.

The Arrow also symbolizes the need to set your creativity free.

THE INVITATION

When the Arrow zings through the air, it is inviting you to pay attention and signifying that you are about to make your mark in some aspect of your life. It illuminates the moment of contact when you know that your desires and intentions have traveled on the wind and landed in the perfect place for your highest good.

Trust that your job is to be relaxed yet focused, keeping your eye on the prize yet releasing your intention with full expectation that it will land as it is supposed to. Don't worry about the "how" or the exact form. This is not a time to interfere with the manner in which the arrow flies. It will make its mark, and you will have cause to celebrate!

THE MEDICINE

This is a time to admit that by continuing on the path you are on, you might be shooting yourself in the foot. Could it be that you have become so attached to winning this game that you have missed the true mark? What if your arrow was never meant to land where you wanted it?

Now is the time to regroup and ask yourself if what you desire is really worth your energy. This is a sign that something better is waiting. Consider the wisdom in not getting what you want. Suffering in this case is a pathway to heal the parts of you that feel unworthy, the parts that worry there isn't enough. Make peace with those voices. What is truly yours will be waiting for you.

4

Beauty Way



THE ESSENCE

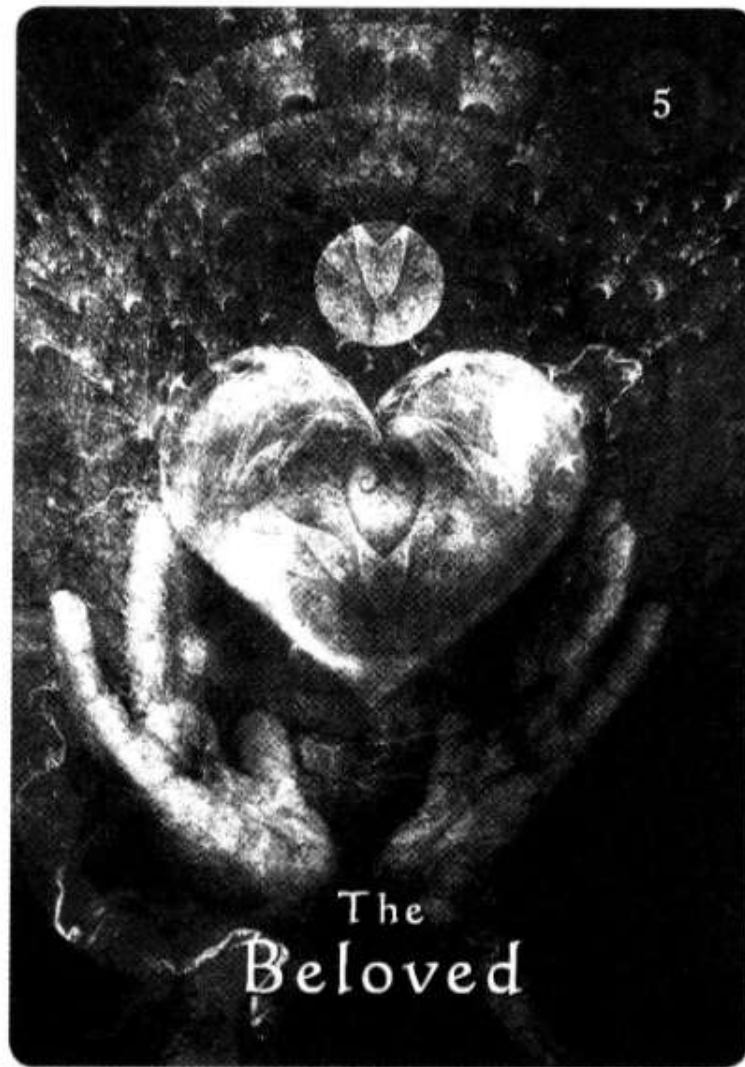
The Beauty Way is both a path that you travel on and a daily practice. The path is where you choose to *perceive* only beauty before you, behind you, and all around you as you journey through life. The practice is where you take *action* to bring beauty to every situation you are in. When things get ugly, you act to bring integrity and peace to the difficult encounter. When everyone else perceives only darkness, you point out the light and help uncover the hidden treasures.

THE INVITATION

The Beauty Way invites you to create beauty in your life and to recognize the beauty inside yourself and in others. Stop to smell the roses, take a deep breath, look up at the stars, and recognize the splendor that surrounds you. See the beauty in whatever situation you find yourself in, and you will receive the lesson that life is teaching you in a kind and gentle way.

THE MEDICINE

Stop trying to fix relationships that you believe are broken. Recognize that things are exactly as they need to be in this moment, and acknowledge the inherent beauty in that. When you understand this, you will be able to bring about the change you want. Do not engage in gossip about the darkness and flaws of others. Be careful not to be seduced by the superficial beauty of a project or relationship you are toying with, unless you are willing to pay a price for it later.



THE ESSENCE

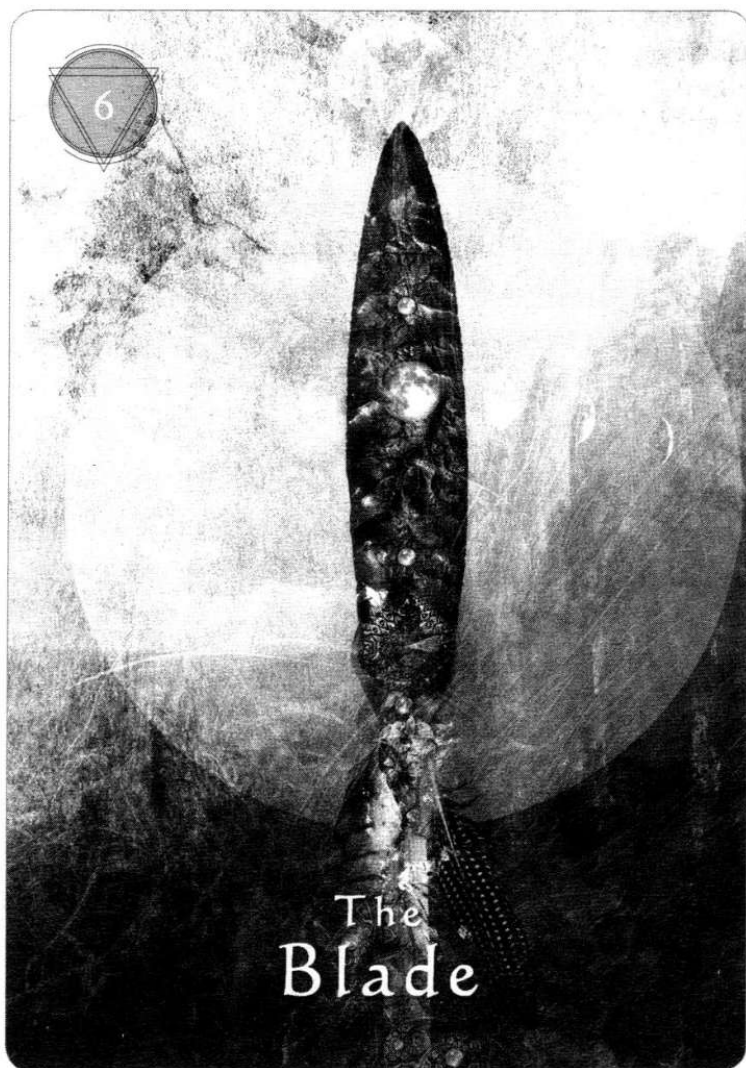
The Beloved is the recognition of Spirit in another, and moving toward Spirit through the other. It is when the divine appears to us in the form of our child, our partner, our friend, and we experience being in love. As we grow, we start to recognize the Beloved in everyone, not confusing their personality with their divine nature.

THE INVITATION

Accept the invitation to learn through the path of love. Expand your being through union with another. When you recognize the Beloved in another, you call forth their highest and purest nature. Follow the path of love.

THE MEDICINE

Be careful with romantic love, the kind of love you “fall” in and out of. Own all the projections you have placed upon the person you are dreaming of. Remember that they are only mirroring back your own deep longings rather than revealing their true selves. If you fail to notice this, be prepared to walk through the fire of strong emotions once again.



THE ESSENCE

The Blade represents sharpness of the mind, body, and spirit. Pointing upward, it summons the power of heaven. When aimed down to the ground, it anchors the power of the heavens on Earth. The blade can be a healing tool or a weapon. Wield it wisely, and it will transmit power, bestow initiations, cut energetic cords from the past, or sever toxic relationships. Use it with anger, and it will slash, stab, and kill.

THE INVITATION

You are invited to draw your blade and use it. It is not auspicious to hesitate, to waste time in idle talk, or to hide from the inevitable. Heaven and Earth are aligned to support you in claiming your power, so take decisive action. Overcome your fear of hurting others, unsheathe the blade, and use it wisely!

THE MEDICINE

It's time to put down the sword and place it back in its scabbard. Do not offer your blade in service to toxic emotions! You will be faced with an even more disagreeable future with the people or situations you are attempting to banish. Put the blade to rest until your inner fire has mellowed. Then use your blade with impeccable intention to cut the energetic cords that are tying you to the drama at hand. Set yourself free!



THE ESSENCE

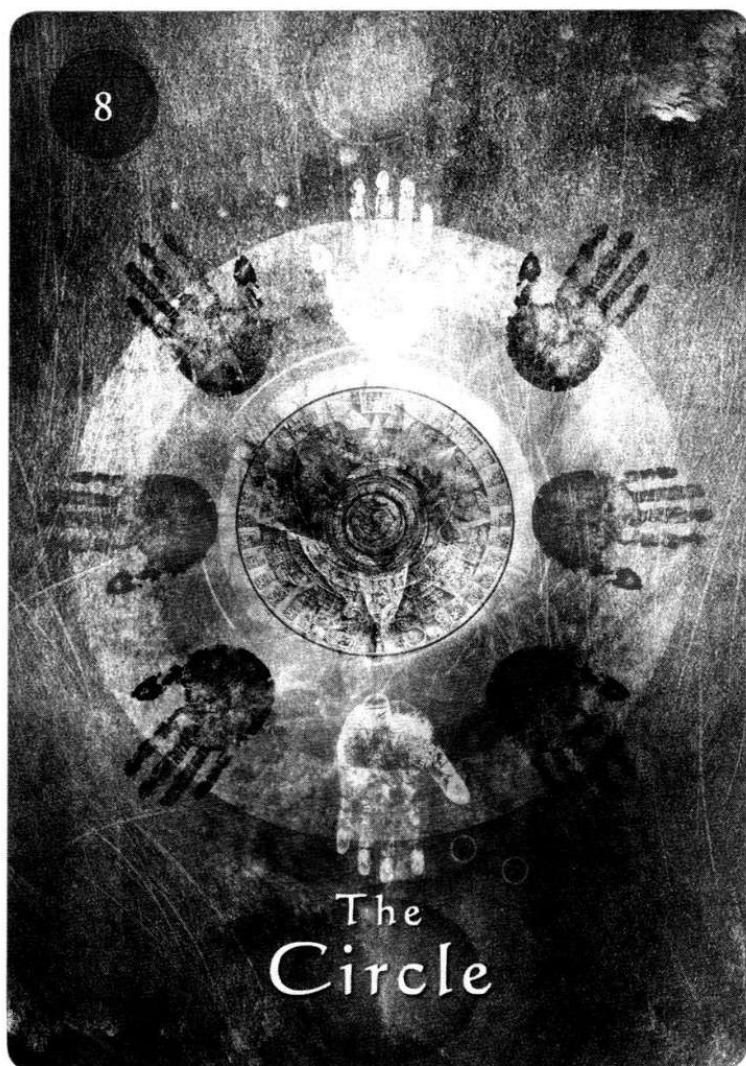
The Child knows the way to joy and happiness. The Child offers the return of a second innocence, a time born of wisdom and not of naiveté. This card allows you to correct your course and offers you a second chance. It brings you the possibility of redemption and entering heaven while on Earth.

THE INVITATION

The Child is here to release you from the habit of being yourself, and to help you acquire a beginner's mind so that you can see life as if for the first time. Remain open to learning and discovery. Who is your spouse or partner today? Can you see them with fresh eyes? Who is looking back at you in the mirror this morning? Become a mystery unto yourself, and reconnect with a sense of childlike wonder.

THE MEDICINE

The Child comes to show you how you can correct the course of your life without being punished. Set yourself free from your conditioning for suffering; you were born unfettered and happy, and can be so again if you make the choice right now! The Child will help you climb out of the hole you may have dug yourself into, to recover your sense of play.



THE ESSENCE

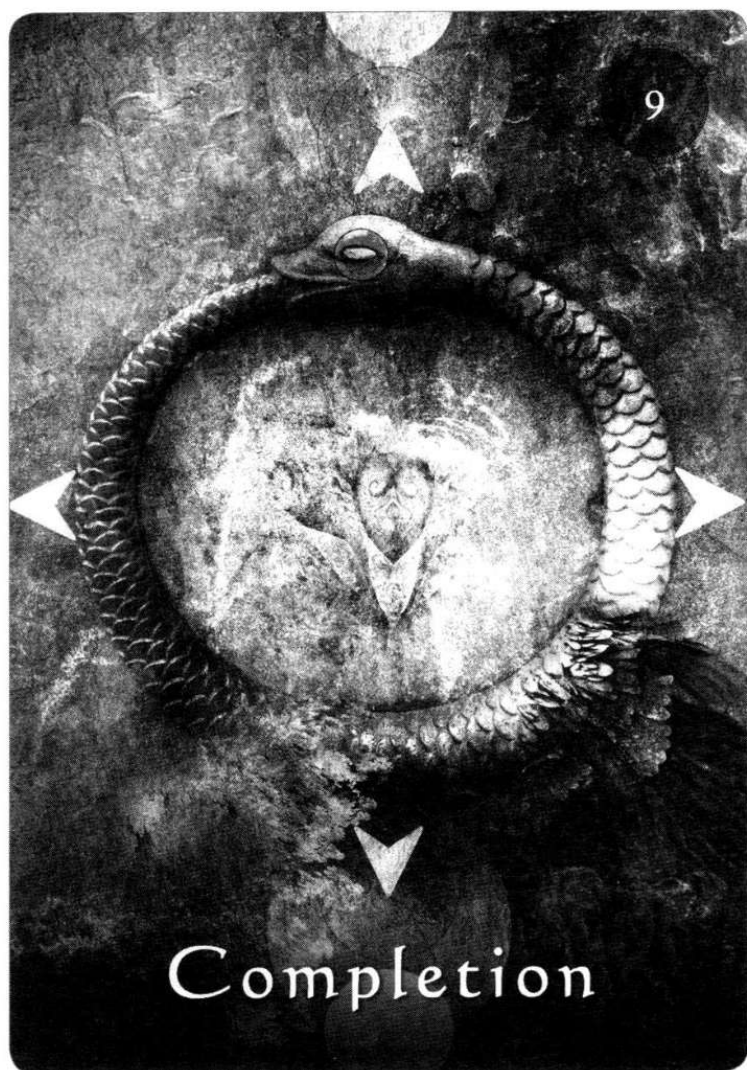
Unification, interconnectedness, and a sense of continuum is what this card implies. The Circle reminds us we are all One—dancers in a unified continuous inclusive circle. This card reminds us of the cycles of life and the evolving self, ever changing, and always connected: human, Spirit, Nature, the cosmos, all intrinsically connected.

THE INVITATION

When the Circle appears, it reminds you that you are connected to everything and everyone, including to Spirit. Spirit's essence beats in your heart and inspires you to co-create your world, knowing that you count, that you have purpose in this world. Imagine even a smile to a stranger can change the course of a life. When the Circle invites you to dance in the sacred steps of life, know that your work, your love, your service brings greater value than you can know. Stay the course; keep dancing, and all will be well.

THE MEDICINE

When the Circle comes as your medicine, you're meant to come to an understanding of the importance of decay and letting go, the importance of dying to an old form and being reborn anew. If you are faced with the challenge of loss or disappointment, remember this: in the Circle of Life, nothing is ever wasted. Love will seek itself again, prosperity will come from a new idea or opportunity, and Spirit always waits for you to find your place in the dance again.



THE ESSENCE

All things have a beginning, a middle, and an end. This is the nature of life—the seed, the flower, and the fruit—and of all human relationships. Completion suggests the fullness of the moment and the need to transform an old form into a new one.

THE INVITATION

You have finished a cycle, and there is no more growth or benefit from hanging on to the old. In regard to relationships, it is time to honor what has been and find a new form for the future. In your ventures, it is time to reap your harvest. Completion is a time for celebration. It is the end of summer when the fruit is ripe.

THE MEDICINE

Clinging to the old form will bring only decay. When fruit is left too long on the vine, it rots. You know that it is time to move on, yet are reluctant. Do not be afraid of hurting anyone's feelings. Remember that you are responsible for *your* actions, not the actions of others. Mourn what is lost so you can move on. Do not be sad; be like the sun at midday who shines brightly, neither longing for sunrise nor dreading the dusk.



THE ESSENCE

Corn represents the mother of sustenance and tangible abundance. This symbol represents material prosperity in the world of form that provides stability and sustenance to many. There is more than enough.

THE INVITATION

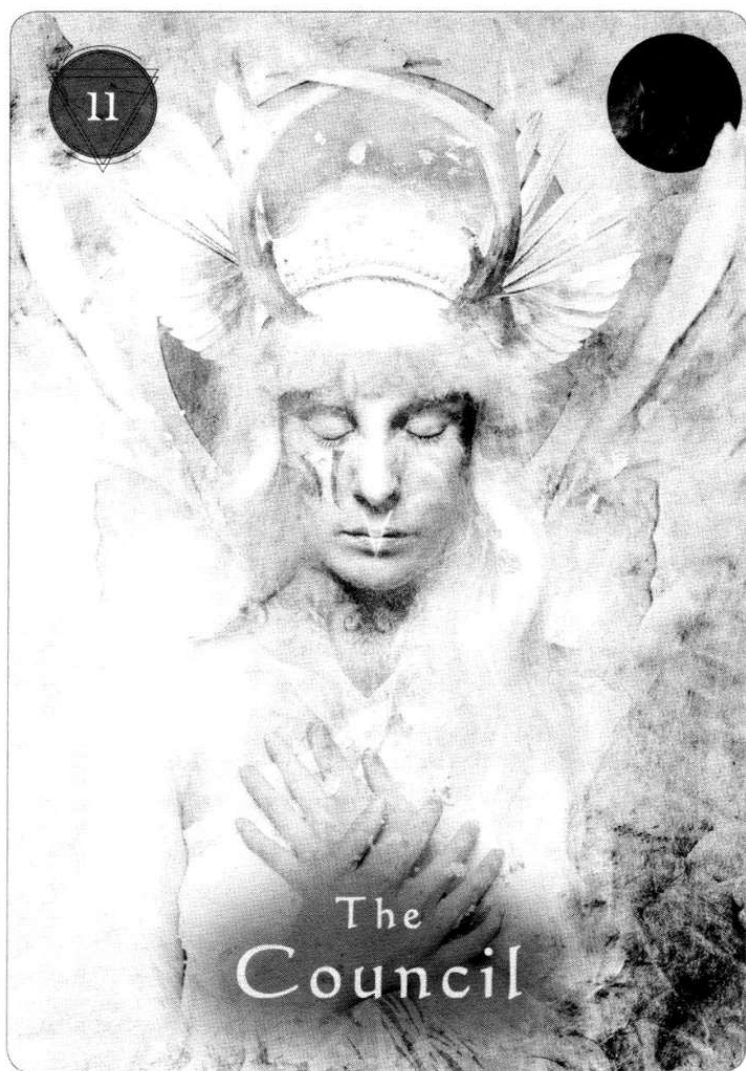
You planted a beautiful field of dreams and worked hard. Even in moments when you were losing faith, you continued. Now the spirit of the Corn comes to honor this and show you a bountiful harvest. This is the time to reap the rewards of hard work and trust, whether those rewards are financial or the kind of prosperity measured in quality rather than quantity.

You are so blessed when this symbol appears. Don't forget to share your good fortune.

THE MEDICINE

Beware of shortcuts to your dreams or a fast track being offered to you now. Be especially mindful of your feelings of entitlement or an expectation to get something for nothing. This is a time for gratitude, perseverance, and humility.

Be prepared to work toward your goals, and plant the seeds of your intentions consciously and respectfully. Release any insecure thoughts of scarcity, feeling that there is not enough, or worry that someone else could take what is yours. Know that the universe will always provide, but you must be in a relationship with it in order to receive. You will reap what you sow. Take heart; even if you didn't plant well and have conjured up the illusion of a drought, there is always a new season to begin again.



THE ESSENCE

The Council are the luminous beings who hold the collective wisdom of humanity. They are the ones before whom you will do your life review when you cross into the world of Spirit. (A life review is when we place our good and our bad deeds on a divine scale and attempt to explain why we did not love, or forgive, or dare as greatly as we might have.) Know that their wisdom is available to you at all times when you live in a state of yes, in an unconditional relationship with life. They remind you of your place around a sacred fire, which has been reserved for you since the beginning of time. You will claim it when you own your inner wisdom.

THE INVITATION

The Council has a message for you: "Listen with your inner senses!" The handwriting is already on the wall, so look about you and you will discern its meaning. Do not wait for further signs; embark on the journey to love deeply, forgive sincerely, and dare greatly. Take the leap without requiring life to assure you of success.

THE MEDICINE

You are never alone. Turn to the Council to find the guidance you seek, and listen to the voice that arises spontaneously. Turn a deaf ear to that nagging voice from your ego that tells you that you are not up for the task before you. Create a spiritual feast for the Council; invite them to your altar every time you meditate or pray.



THE ESSENCE

The Coyote is the symbol of the sacred trickster, the one who provides detours for growth and understanding by ensuring that things don't go as planned. The Coyote brings the energy of divine deception to set you free from the shackles of that which doesn't serve you. Sometimes it appears that you will get everything you want, only to find that Coyote brings you the opposite of what you hoped for. The lessons offered by Coyote may at first appear confusing, but they are most sacred and always for your highest good.

THE INVITATION

If Coyote calls to you, this is a time to pay special attention to detours and disappointment, as they are true tests of faith. You have set your intentions and turned them over to the Great Spirit, yet you may find yourself lost and confused when it appears you are being led off course, off the path leading to your most cherished dreams and desires. Remember this: Coyote is a sacred trickster and may be leading you into challenges to ensure that you are ready to handle what you've set in motion. Great growth and understanding come to you when Coyote calls your name.

THE MEDICINE

Are you being seduced by what you think you desire? Could it be that the more superficial, sparkly, shiny aspects of your ambition led you in this moment? Perhaps you feel that in order to get what you desire, you have to compromise yourself, control others, or manipulate situations to ensure your goal is met? Coyote howls in the shadows to remind you that this may be a lesson too painful to learn.

Beware the shallow waters right now. Something or someone might pretend to be deep, but that doesn't make them so, no matter how seductive their superficial traits and how beautiful or sparkly they appear. All that glitters there will not turn up gold, no matter how many wishes you make to change that.

13



The
Crow



THE ESSENCE

Crow is the keeper of universal law, the law of truth. Crow teaches us to walk our talk, to find congruence between who we say we are and who we really know ourselves to be. This winged one insists that we speak truth, that we create truth instead of searching for it, and that we bring truth to every situation we find ourselves in.

THE INVITATION

When you speak the truth and practice truth, eventually everything you say becomes true. Your power to co-create with the truth is the universal law. Correct what is untrue in your life without judgment. Let the truth set you free!

THE MEDICINE

Be true to your word! Crow arrives just as we have convinced ourselves that what we are doing is right and justified. And while this may be the case in the realm of relative truth, in the higher realm of absolute truth it is not. Look deeply into your heart and remain alert, lest you convince yourself of something that isn't deeply true for you, or perhaps is not the highest truth. Do not seduce yourself with illusions.



THE ESSENCE

The Curse refers to the limiting stories of our ancestors, and the karma from former lifetimes that preordains the events of our lives. It is the source of negative patterns, and it can show up as a disease, a destructive force, or a blockage on our creative energy. The curse holds us hostage to a false story that we confuse for reality. Recognizing the original wound that is playing out in our life can heal it.

THE INVITATION

It is time to recognize the source of your limitations. Did your grandparents live with a mind-set of scarcity? Did you inherit genes for heart disease? Were you a slave or a master in a past life? This karmic legacy is ready and waiting to be seen, to be untangled, and to be released.

Honor the players and their stories. Forgive everyone and everything. Craft a new life course for yourself!

THE MEDICINE

Be aware of your actions! Act with impeccable intention so as not to create a debt or karma that, sooner or later, someone has to pay. What you do to others, you also do to yourself and to the people you love the most. Now you have the opportunity to clean it up!



THE ESSENCE

The rhythm of the drum tunes you to the beating heart of the universe. Its wood frame links you to the trees and helps you journey to the lower world via the roots and the upper world through its branches. The drumskin gives the shaman the powers of the animal kingdom. Striking the drum calls forth the power of the thunder and the rumbling of the earthquake. The drum invites a trance state where healing and prophecy happen.

THE INVITATION

The Drum invites you to take the next bold step in your journey. The forces of heaven and earth are aligned behind you, supporting effortless action. This is not a time to push against the river—the current will take you exactly where you want to go, once you jump in! Collect your power tools and summon your courage, because it is going to be a wild and glorious journey. Allow yourself to be carried by the rhythm of what is really essential in your life.

THE MEDICINE

You travel to the beat of a different drum. It's time to acknowledge you do not fit a mold or role or relationship that is not in tune with you. Find your rhythm; respond to the heartbeat of the distant drum. The price you pay for lingering becomes higher with each passing day. Now is the time to move on!



THE ESSENCE

Eagle comes from the east, the place of the rising sun, of new beginnings. She soars high in the sky, sees the smallest detail with clarity without losing track of the bigger picture, and nests in the high mountains. For Eagle, there are no obstacles, only opportunities. She calls you to ascend, to acquire perspective, so you can fly wing to wing with Great Spirit.

THE INVITATION

Have you become trapped in your daily routine and feel you do not know where to go and what to do next? Have you lost your sense of purpose? Eagle invites you to take a deep breath and spread your wings. When was the last time you opened them? Eagle reminds you that your spirit was born to soar to the heavens. As you contemplate choices, ask yourself: "Do I want to live in a chicken coup, sheltered from life, counting the regular feedings, or do I want to soar like an eagle?" If your answer is the latter, then you must accept Eagle's invitation and embrace the courage that will help you choose freedom.

THE MEDICINE

It is time to see through the eyes of Eagle. Let your vision of the whole and of its parts become laser-like, and set your priorities straight. What did you come to do in this life? Did you come to climb up the ladder of financial or social success? Did you come to become a better person, to heal your heart, and to realize your essential self? What is your divine mission here on Earth?

No more excuses. Of course, you do not have enough time, enough money, or enough sleep . . . Yet the time is *now* to fly to your chosen purpose. If you postpone it, you are betraying yourself. Look through the eyes of Eagle and consider every obstacle an opportunity. Where you set your intention is where you'll end up. Free yourself and live your highest destiny. Fly!



THE ESSENCE

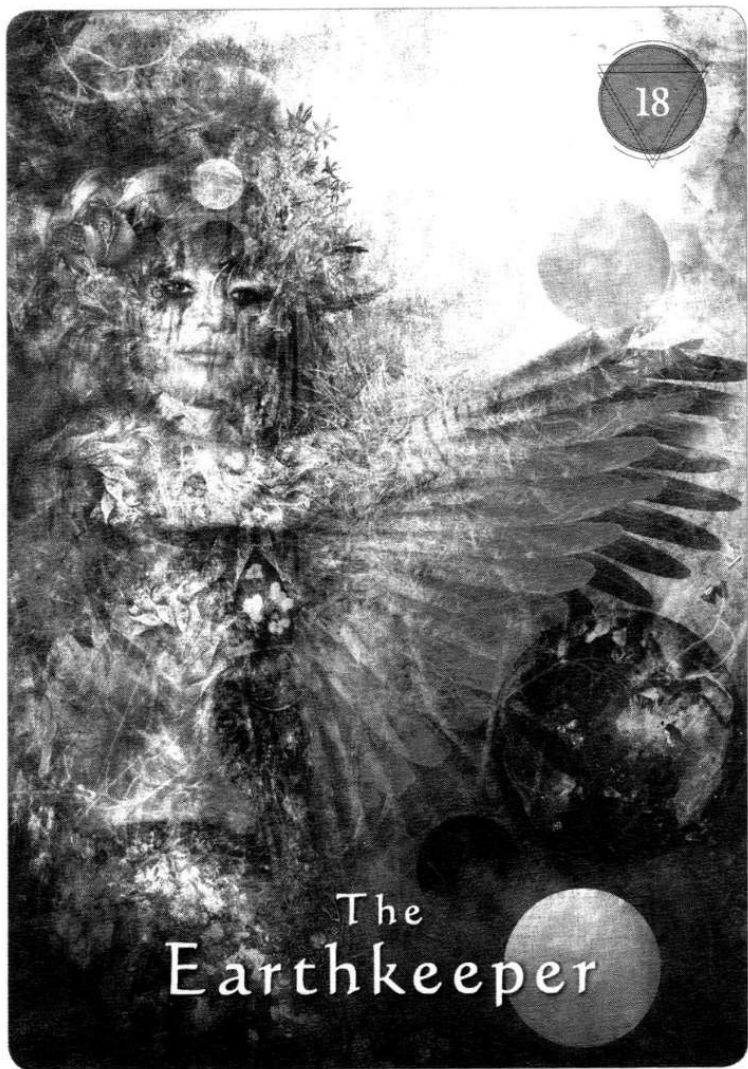
Earth represents the gift of life. The symbol on this card refers to the body of the planet Earth, the human body, and Nature herself. We're reminded by this symbol that all creatures are born of the Earth and human beings are the stewards of all life on this planet. It refers to what we make of it: our health, wealth, security, grounding, solidity, and stability. It reminds us that the world of form is a gift from Spirit and needs to be treated with respect.

THE INVITATION

When the Earth symbol appears, it represents a need to focus on reverence and appreciation for the natural gifts that are coming to you now and always. The concrete world you inhabit is there by the grace of Spirit, and you are part of it. Much can be accomplished now when you focus on compassionate, reverent service to the world. If you act with integrity, gratitude, and humility, you will find yourself more prosperous than you can imagine. Success is assured when the Earth appears as an invitation.

THE MEDICINE

Do you feel ungrounded or easily thrown off your path lately? It is time to focus on what nurtures you, to open yourself to the healing of Mother Earth and see the abundant world around you. Perhaps you have lost the ability to trust that your needs will be met and have fallen prey to poverty consciousness. Perhaps you have not been eating well, been overworked and stressed, and forgotten to breathe in the beauty of your surroundings. When the spirit of Earth comes as your medicine, you're being reminded that when you practice self-care, take a walk in nature, and focus on the consciousness of abundance, miracles can and do happen.



THE ESSENCE

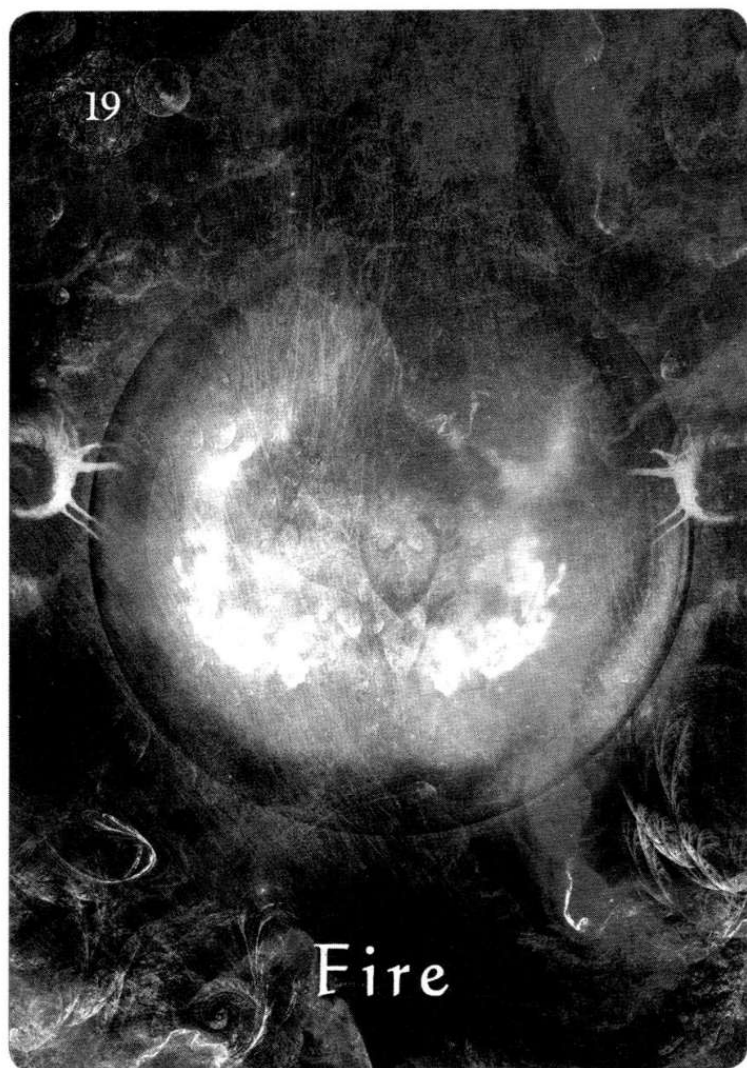
Just as you're involved in co-creating your world, you are also responsible for its well-being. The Earthkeepers are dedicated to the stewardship of the Earth and all life. They choose to hold the sacred dream of a planet where all beings live in peace and where the rivers and the air are clean. Remember that everything you do has an impact for seven generations.

THE INVITATION

You have outgrown your small dream of success and achievement and are ready to dream *big*, with possibilities beyond your wildest expectations. Take on the mantle of the Earthkeeper, and reach out to a friend in need whom you may not have been in touch with for some time. Take care of your pets, and feed the strays that come by. Clean up your yard, as this is a reflection of your relationship to the Earth. Grow the sacred dream, and your personal life will flourish. Remember, it's not about "me" any longer.

THE MEDICINE

As you care for your body, you show your care for Mother Earth, so begin with the stewardship of your health. What are you putting in your mouth? Are you feeding on foods and thoughts that are not good for you? Start doing what you know will be good for you today.



THE ESSENCE

Fire consumes anything that it touches. The flames remind us of the impermanent nature of reality, and how situations can quickly transform into beauty or chaos. Fire is passion, and its dancing flames invite us to reach to the sky. Warmth and light are heavenly, yet too much heat can scorch us. To fully step into the energy of fire is to be utterly transformed, like the Phoenix rising from the ashes.

THE INVITATION

Warm your hands and your heart by your inner fire. Let it burn away your hardships; let it consume your pain and your sorrow. Has life become too rigid, too cold, or too superficial? Light a candle or make a bonfire, and toss into the flames everything that has become stiff and painful. Give it all to the fire for rapid transformation. Set your life on fire!

THE MEDICINE

Are you feeling too fiery? Have you been reactive and short-tempered toward others? This card has come to tell you that all fiery emotions directed at others can “backfire” at you. It is not a good idea to play with fire when you are out of balance or angry. Now is not the time to act or react. It is time to tame and befriend your inner fire so it does not scorch you.



THE ESSENCE

There is a natural movement of events in the world. You can see it in phenomena such as the tide, the ebb and flow of oceans and rivers that rise up from the earth then flow to the sea. The symbol of Flow represents the effortless and natural movement toward a certain destination. It signifies an ability to gracefully move around obstacles and reminds you of the sense of allowing.

THE INVITATION

When Flow comes to visit, it's a sign that your intentions have been in motion. Now is the time to allow nature to run its course; you are being called to effortless movements and the path of least resistance. It's like being within music, flowing within partnership. Think of the artist who creates without guile or craft, calling creativity up from the soul and bringing it to life without effort. You are called to be like a river, knowing the fulfillment of destiny is assured. Enjoy the ride.

THE MEDICINE

Don't try to push against the river or swim upstream right now. You can trust that when the time is right, your dreams will begin to take shape, and you will be invited to dance with destiny. Right now, however, you must relax. This is not the time to bang on doors that refuse to open. Whatever obstacle is in front of you right now, trust this is for the highest good. It is an opportunity to regroup and reconsider your choices, and you must trust that your intentions will take form in good time. Consider this time a gift.



ESSENCE

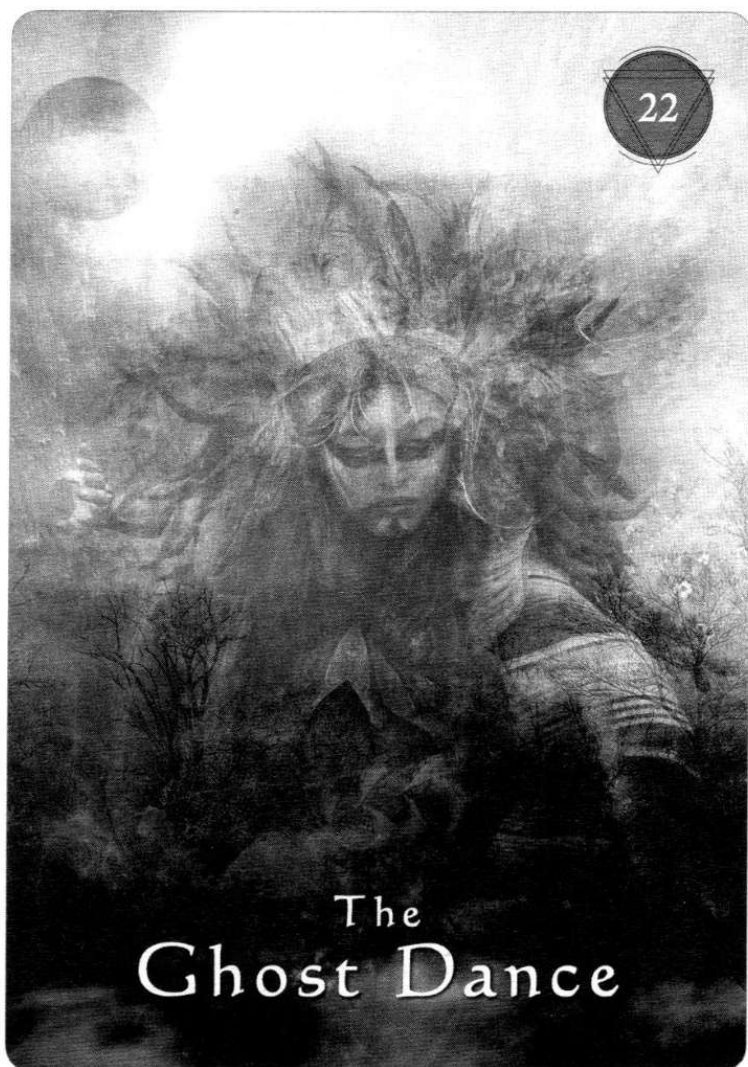
Before we cultivated grains, we collected the wild bounty of nature. The Gatherer finds abundant seeds, nuts, berries, and wild greens where the ordinary person sees only barren soil. The gatherer is the provider, the forager, and the gardener who collects roots and vegetables for the long winter when game is scarce. She does not hoard, trusting the bounty around her.

THE INVITATION

Look at the resources you already have close at hand. This is a time of abundance. Everything around you is ripe and ready for harvest. Banish the notions of scarcity that have limited your choices and colored your destiny. Pack your food for the winter, and start with the low-hanging fruit that is all around you!

THE MEDICINE

Do not wander too far afield in search for what Spirit has already provided. Practice paying it forward, being thankful in advance of receiving. If you are in a scarcity mind-set, open your heart to look beyond current conditions, and you will find the bounty being offered to you. Practice sharing, not hoarding.



The
Ghost Dance



THE ESSENCE

The Ghost Dance of the American Plains Indians united the spirits of the living with those of the ancestors to bring peace to the world. When the ancestors are honored, they bring harmony to us. When we hold them responsible for all that is wrong with us today, they haunt us. Honor the spirits of the ancestors and receive their lessons and gifts. This includes honoring your own past lives!

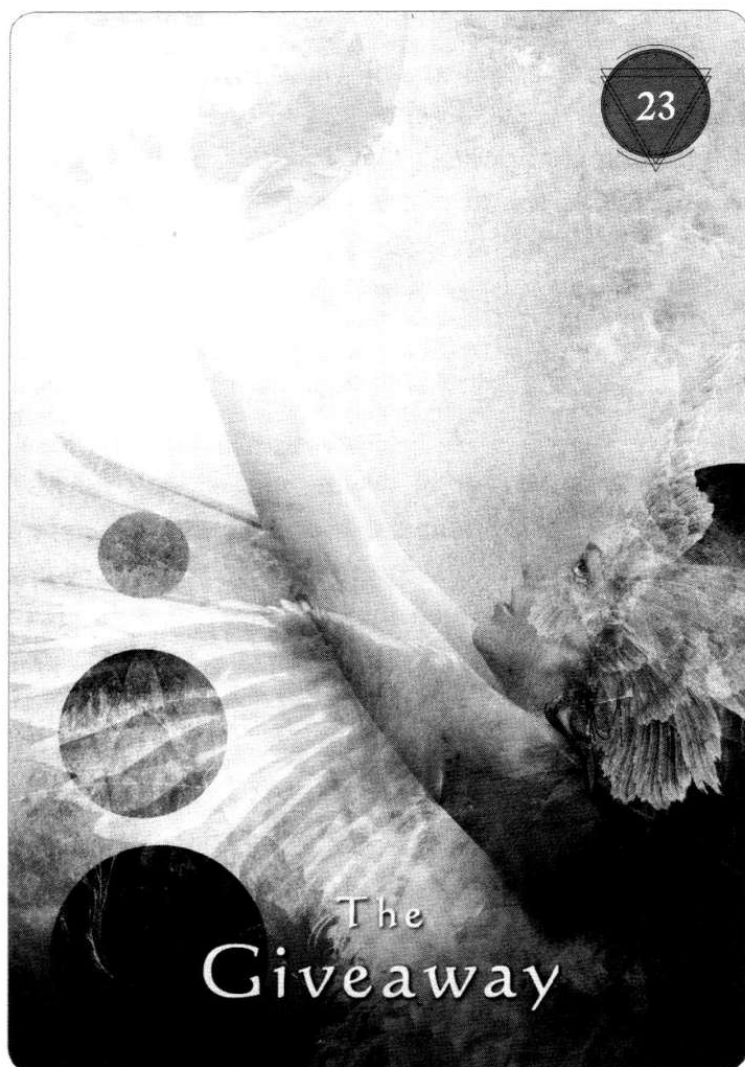
THE INVITATION

The ancestors have a message of healing and a powerful medicine to offer you. Create a sacred moment at your altar, light a candle to them, and let their wisdom infuse you. At this stage in your life, you are done repeating their tragic stories. Step into the abundance that is offered to you, receive the gifts of those that have come before you, and write a new story for your life.

THE MEDICINE

If you are trapped in a vicious cycle of nostalgia, mourning a lost youth or opportunities missed, it is time to make an altar for the ancestors. Collect a few photos, light some incense, offer sage, and open the windows of your house to release them to their destiny and to the wind.

Be wary of being snared in a relationship with someone from a past lifetime, as the people we loved or hurt have a way of reappearing in our lives. There is no learning for you there anymore.



THE ESSENCE

The Giveaway is the gift you offer to life, without attachment, without expecting anything back. You can only give what is truly yours: a smile, a nod of encouragement, a gentle touch, and a kind word. This is not giving to others what you no longer want, like the sweater that no longer fits, but gifting that which is most precious—your authentic love and genuine feelings.

THE INVITATION

Make a list of 10 people and things for which you are grateful. Connect with the feeling of gratitude. The giveaway comes to ask you to feel the same gratitude without needing anything or anyone to inspire it, and to share this gratitude with those you meet.

As you offer thanks, your heart opens and you start realizing how much life has given you. You heal your feelings of scarcity and open yourself to the abundance that surrounds you. The giveaway invites you to be in the flow of life, as you give freely and receive freely.

THE MEDICINE

Is it difficult for you to set limits on how much of yourself you give? If you give more than is healthy, then you will not be able to give for long. You'll feel resentful with your partner or associates, or you'll feel like the world owes you something in return.

Notice if you give for any reason other than pure generosity. Are you trying to be liked or accepted? Are you hoping to heal an old wound?

Start giving to *yourself* first and foremost. Offer yourself the care, the love, the time, and the acceptance that you are longing for. Once you experience plenty, then you can truly give to others.

24

The
Heart of Sky



THE ESSENCE

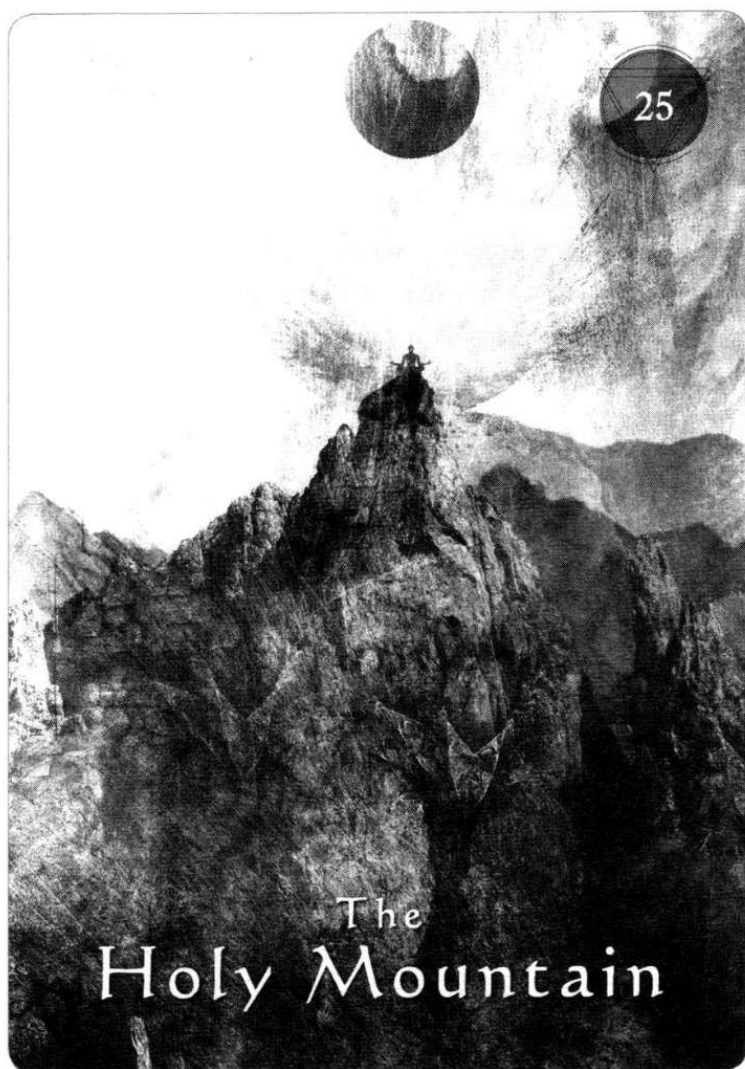
The Heart of Sky is the love force that made all creation possible. This same force is present when you create with originality, when you bring formlessness to form or inspired ideas to expression. This primeval force does not know good or bad; it is up to us to provide the clear intention that will guide it to manifest. The Heart of Sky helps us call in beauty from the invisible world—and birth it in the world of matter.

THE INVITATION

The Heart of Sky brings you a sacred reminder. You are a channel for the original energy of creation. Become the paintbrush, the canvas, and the artist, all guided by the Heart of Sky. Set your intention, ethically and clearly, and allow the universe to take care of the details.

THE MEDICINE

You may feel responsible for everything and everyone. Perhaps you think you have to do it all alone. This takes you into a dark hole where you lose trust in the natural order of the cosmos. Shed your lofty sense of duty, and recognize that this is a false prison of your own making. You can open the door and set yourself free in an instant.



THE ESSENCE

Native peoples around the Earth recognize mountains as places of great power where one encounters Spirit or where the gods or goddesses reside. In ancient Greece, Mount Olympus was the home of the 12 main Gods and Goddesses. In Tibet, pilgrims circumambulate Mount Kailash to bring prosperity. In Perú, pilgrims climb the ice-capped Mount Ausangate to receive the starlight and bring fire to the Earth.

THE INVITATION

The Holy Mountain invites you to go on a sacred pilgrimage to acquire vision and perspective. First you must accept the present situation as an opportunity to discover higher understanding. Find a sacred altar where others who came before you have prayed and found wisdom, and make your offering there. Make a commitment to walk with courage, love, and compassion until you see with clarity the perfection of all.

THE MEDICINE

When the Holy Mountain shows up, it is time to be active. Do not let your doubts deter you and keep you bound. This is a time to leap over challenges and to remember that from the top of the mountain there are no obstacles, only beauty and an unobstructed view of the entire Earth. And there's no need to go shopping for the right hiking boots or camping equipment to climb the holy mountain; you already have all the gear you need. Overcome any lethargy, indolence, and laziness, as these are the real obstacles.

26



The
Hummingbird



THE ESSENCE

Despite being so little, hummingbirds are great journeyers, migrating between North and Central or South America to feed from the summer nectar. This gentle creature can be fiercely territorial to protect its home. Hummingbird teaches us to be gentle to ourselves and protect our personal space.

Hummingbird invites you to embark on your epic quest, bypass the dung pile of old pain and hurts, head for the flowers, and learn to trust the calling you hear ever so softly.

THE INVITATION

The buzzing you feel is the sound of your hummingbird wings preparing you to say *yes* to a new adventure. This is not the time to linger on what has gone wrong, but to trust in the rightness of the moment and take bold action. Trust that success is assured, even if you must face tests and challenges to reach your destination. Know that all will be well because the All is in the small.

THE MEDICINE

This mighty being comes to teach you stillness in motion and to trust your inner knowing that the sweetest nectar is assured. Failing to act when the moment is right can spoil your journey. If you feel your safety, comfort, or day-to-day survival are more important than saying *yes* to the invitation to explore the unknown, you will have to work much harder to achieve what is being offered to you freely now. Still your mind, even in the midst of your very hectic schedule, and heed the gentle voice that calls to you to test new wings.



THE ESSENCE

Before the dawn of agriculture, we hunted in the forests to feed our kin. The Hunter never takes more than what the village needs to survive, often taking only one creature—the “good kill.” He is a master tracker who knows which path to follow to find success.

THE INVITATION

Rely on your own skills to traverse the thick forest you are in to reach your destination. You need to follow the tracks left by Spirit to claim your bounty, which is already prepared and being offered to you. Do not follow the maps drawn by others, as they will not lead you true. Instead, become the mapmaker, find your internal compass, and use all your senses—including your common sense.

THE MEDICINE

Don’t settle for the roadkill; it could be poison. Be careful that you do not become the prey of your desires and fantasies. Remember to not want more than you need, so you are not guided by unbridled ambition. It is okay to come home empty-handed.

28

Jaguar



THE ESSENCE

The Jaguar is the protector of all life in the Amazon, and in times of fear she brings courage and certainty. Jaguar is at the top of the food chain and never becomes prey. With great stealth, she can track her mark from a distance and not be seen or heard. She moves gracefully through the jungle, relishing the abundance of the rainforest, fearless and at ease. Jaguar knows the ways beyond death and is the master of the shadows, blending invisibly between light and dark, night and day.

THE INVITATION

Jaguar calls you to explore beyond the walls that confine you, to go outside your normal routine, to push your limits and boundaries. She is delivering an invitation from your own future to investigate the unknown, to venture into the mystery and the dark places you have been reluctant to explore. Toss all caution to the wind! Know that your Jaguar instinct will serve you well.

THE MEDICINE

What in your life needs to be released? What have you carried around with you far too long, which is ready to be let go of once and for all? Jaguar medicine is available to heal the fear so you can allow it to go. It's time to come out of the shadows and end the shadow games that you may have unconsciously agreed to play. Call on Jaguar to unfetter you from toxic relationships and recover your natural instinct for the right people and situations.



THE ESSENCE

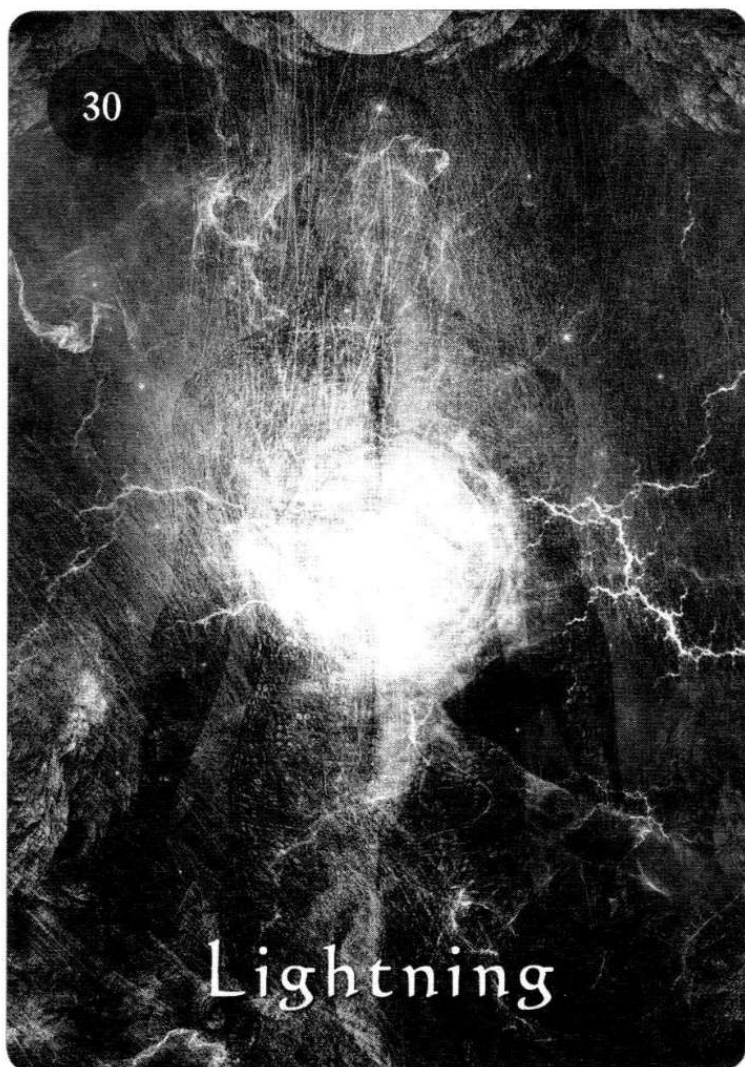
The Journey is an invitation to step outside the boundaries of your life as you know it. The journey is not a holiday; it is a call to be hermit-like and to go on a pilgrimage into the unknown. There are no maps to the territory you will be exploring, no marked paths or road signs.

THE INVITATION

The time to embark on the great journey is here. Do not linger in the port when distant shores are calling. Fearlessly draw your own navigational charts as you discover the route. When the time is right, as it is now, you will be led true, even when you are not sure of where you are going. It is the departure that is most important. If you miss the boat, a great opportunity will be lost, and another ship may not arrive for a very long time.

THE MEDICINE

The journey is calling you, but the timing is premature. Collecting postcards or fantasies of where you want to go may take over your focus and make you miss your destiny. Other things must be completed first, or you may still be attached to knowing the destination. Remember that the point of the journey is not the destination; it's who you will become as you are transformed along the way. Do not confuse the inner and the outer journey.



THE ESSENCE

The formidable electrical discharge of a lightning bolt brightens the sky and strikes the Earth, accompanied by the mighty sound of thunder.

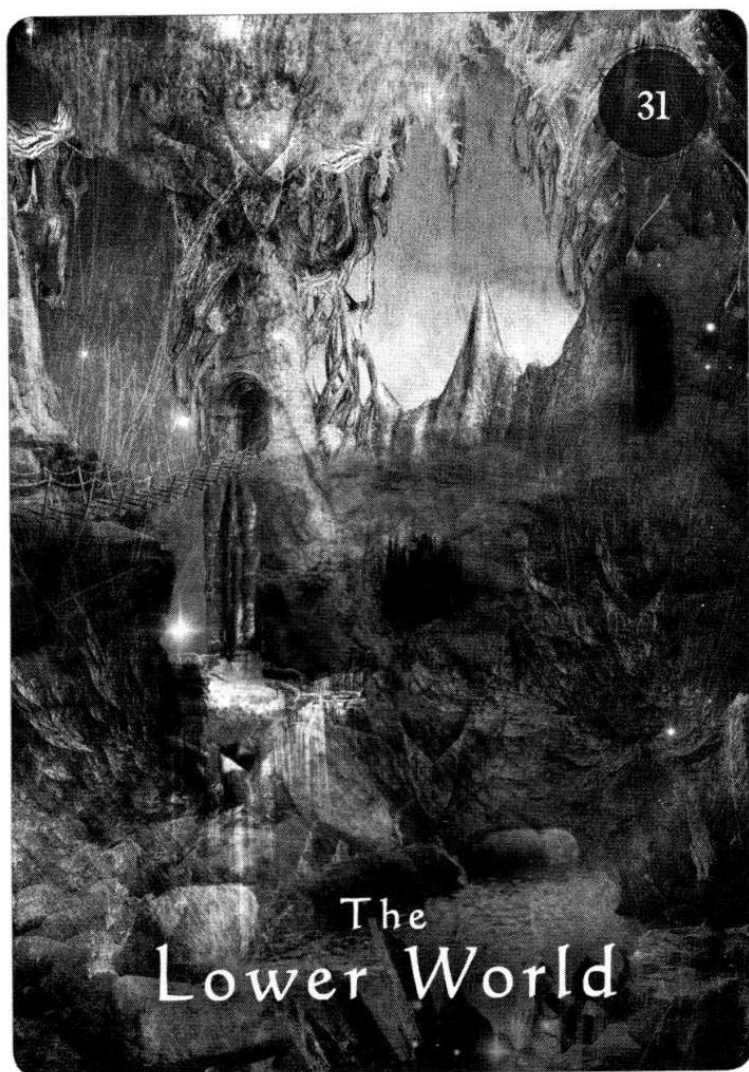
This phenomenon has a positive aspect—the light illuminates the Earth and the psyche. But there is a destructive side as well; the bolt can burn, and even kill, if it's too strong.

THE INVITATION

The forces of the upper world are investing their gathered energies to ignite you with new inspiration and creativity. Allow this divine gift of awakening to take root in your being, and enjoy a renewed sense of clarity, passion, and vision.

THE MEDICINE

Life has gifted you with a destiny that is in alignment with your passion and in harmony with all existence on Earth. Now lightning has come to jolt you into accepting your destiny. Let this initiation release what is in the way of your fulfilling your life purpose. Otherwise, you'll be bound to your karmic fate. This is a time to be courageous and daring.



THE ESSENCE

The lower world holds the hidden treasures of humanity. It is a place of rich and fruitful darkness where we can find the disowned parts of ourselves and the abandoned aspects of our psyches. The lower world is the place of our ancestors, where we discover the gifts and lessons from the past; it is the realm of the collective unconscious. Here we can meet our demons and transform them into pure energy, our source of personal power.

THE INVITATION

It is time to unearth your hidden treasures. Do not make yourself small in order for others to like or accept you. Bring out the gems and precious stones that you have kept inside your heart, hidden even from yourself.

It's time to honor your past and recast your life as a heroic quest. As you journey into the lower world, you will be offered all the gifts of your ancestors. Their struggles—the way they hurt, the way they lived, and the way they died—will become blessings.

THE MEDICINE

Are you one of those people who do not like to face the past? Now your past is calling to be acknowledged, to be heard, and to be embraced. The only way to become unstuck is to honor everything that has transpired in your life, reflect on the lessons learned, and move on. If you bear witness to your past and learn its lessons, it will stop haunting you. As you embrace its gifts, you will recover a missing part of your soul.



THE ESSENCE

The Luminous Warrior has no enemies in this world or the next. He is impeccable in word and deed. He focuses on his light rather than on what hides in the dark. Since he casts no shadow, he is as radiant as the sun and can transform his most terrible enemy into his ally. His power comes not from the sword but from speaking his truth at all costs.

THE INVITATION

The Luminous Warrior reminds you it is important to focus on your power, wisdom, and beauty. Do not be seduced by what seems wrong with you or with the world. Remember that intention follows attention, so focus on your positive traits; feed your light with more light, until you feel truly empowered. Then there will be little need for action, as you resolve all situations from within.

THE MEDICINE

Are you being tempted by your emotions to follow your lower instincts? Are you being invited to enter into a quarrel with someone? Put your sword away; this is not the time for battle. Your enemy is not who you think it is. Do not act from a place of anger that will damage your relationships and hurt the ones you care for. Find the truth hiding in your heart that will affirm your instinct for peace rather than for war.



THE ESSENCE

This symbol represents the infinite intelligence of Great Spirit that makes up the fundamental fabric of the universe. We experience the evidence of this magic through synchronicity, or meaningful coincidence.

THE INVITATION

When Magic appears, you're invited to see the world through the eyes of wonder and awe, taking on the innocence of a child who knows that all things are possible. Infinite potential exists in the Great Mind, and you are being invited to call it in and recognize the dance in synchronistic events, signs, symbols, and omens given to you through the oracle of the ordinary world. This is a sign that Spirit is reminding you that you co-create your world in a sacred partnership. Your part is to dream, to intend, and to watch for the signs that show you what next action to take. Right now it appears that you are on the right track to make your dreams come true. Great Spirit is listening and acting on your behalf! Pay attention. Magic gives birth to miracles.

THE MEDICINE

Have you forgotten that you live in a world that is infused with magic? Perhaps you've become cynical and think you have to create your life all by yourself with no help from others. It's time to remember your relationship to Source, for you are a part of the story of the world, a living spark of Spirit living on earth for this short time as an emissary of light.

If you look back over your life, you will find many instances in which your actions alone were not the cause of "out of the blue" coincidences that led you to that new relationship, job, or other important moment on your journey. So how do you stay in this awareness? The answer is simple. If you can be as a little child and cultivate that wondrous curiosity, you will see the magic again and be amazed. Remember, magic is real and in everything.

34

Many Paths



THE ESSENCE

All paths lead to Spirit. What you bring to your journey is what will determine if yours is a path of suffering, a path of wisdom, a path of bliss, or a path of loss.

Consider the traveler who met two stonemasons. He asks one what he is doing, and the mason replies, "I am squaring out this stone." He asks the other, who is doing the exact same thing, and gets the reply, "I am building a cathedral." One man has a job; the other man has found his work and calling. He is part of an endeavor much greater than himself.

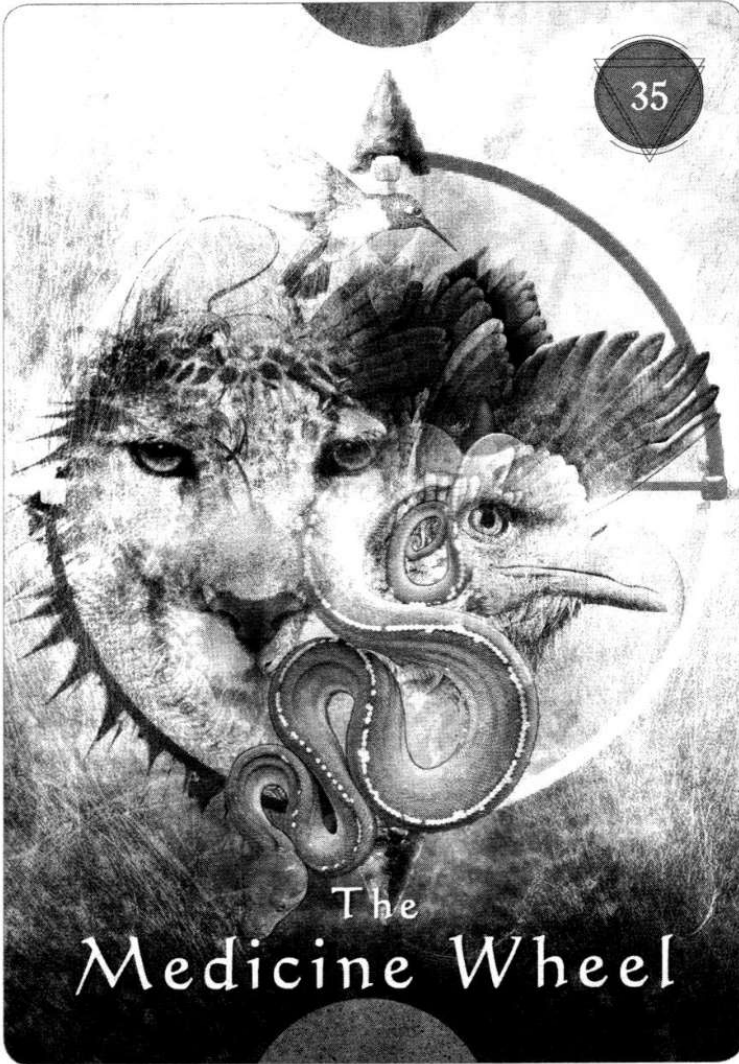
Be sure you pick a path with a heart.

THE INVITATION

Your call now is to take a big, bold step and leave the beaten path. Heaven and Earth are conspiring on your behalf to support you in this move. Do not dally lest you miss the moment! It's time to sail into the uncharted. Be sure you attend to both your path through this earth, as well as your journey through the stars.

THE MEDICINE

You have outgrown your current situation and risk losing your way in your own backyard. You are being called to step out of your comfort zone. Respond now, while the call is still a gentle whisper. Even though the woods look thick and impenetrable, venture in and let nature guide your steps through the dark until you reach your destination. Remember, if you do not know where you are going, any path will take you there.



THE ESSENCE

The medicine wheel is a sacred hoop with the four cardinal directions well marked. It represents the cycle of life, the cycles of nature, and the circular pattern of our cosmos. It has been used for millennia in indigenous cultures to bring harmony and well-being to the village. Its directions symbolize the four steps the shaman takes to become a person of power and wisdom.

THE INVITATION

To manifest clear blue skies in your life, it is important that you take a look at certain aspects of your being. Enter the medicine wheel from the south and reflect on how you are still clinging to events from the past. Continue to the west and notice which relationships are toxic and drain your energy. Step into the north and ask yourself: “Do I know my passion and show it?” End at the east direction, visualizing how you want to live the next chapter of your life.

It is up to you how much time you spend in each direction—minutes, days, or months. But when you are done, make sure to step outside the wheel and contemplate your journey.

THE MEDICINE

You must not postpone your healing journey any longer. It can be difficult to start, but you must find the inner strength to step into the medicine wheel or you may lose your opportunity. There are many ways and many paths; choose the one you resonate most with. Once you have found it, the only mistake you can make is not to follow it. Go boldly!



THE ESSENCE

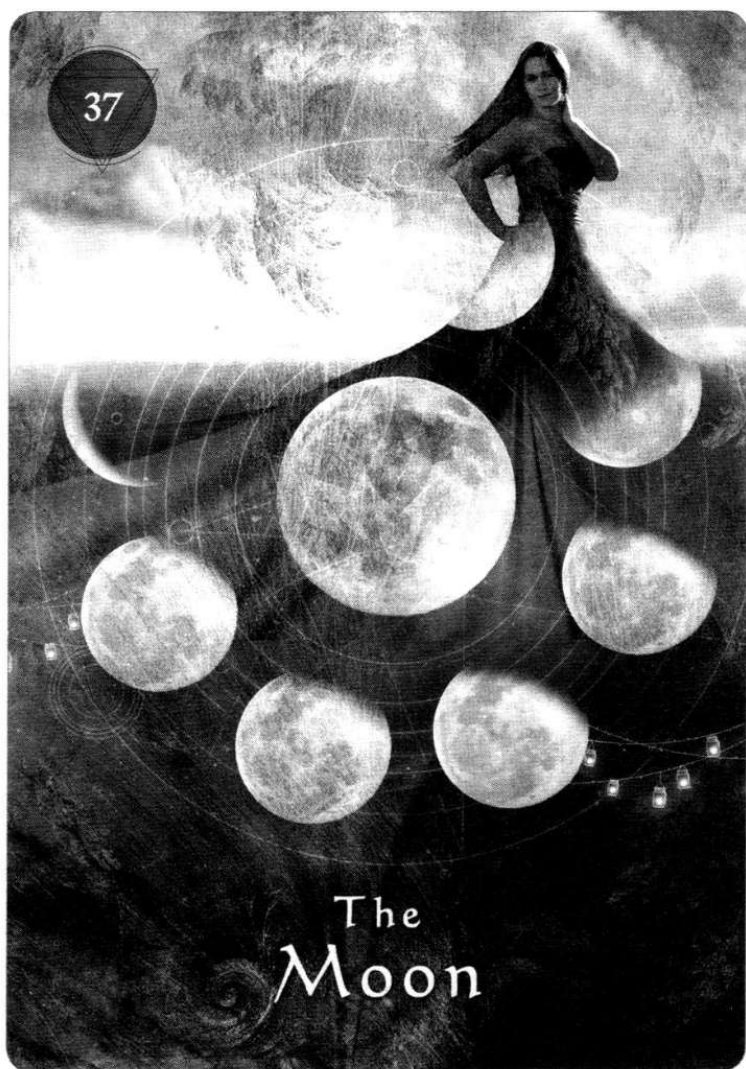
The middle world is the realm of day-to-day reality, and the playground of the living. It is the present moment, where everything is happening. Yet the middle world is created by the future, not only the past, and it is a mirror of the invisible realms. When things are right in the middle world, heaven and Earth support everything. When they are not right, heaven and Earth must be brought into order as well.

THE INVITATION

The Middle World shows up when conditions are favorable to your undertaking. Do not hesitate. Move forward, as heaven and earth are smiling upon you. The time is right, so be expedient, but mindful of not being reckless. The world is your playground, and what would require great effort at any other time can be accomplished with ease right now.

THE MEDICINE

Do not try to correct in the earth what needs to be corrected in the heavens. The resources to support the change or endeavor you are considering are not readily available to you yet, so it's important to ask for help from the invisible realms, from helpers in the upper world. For now, wait.



THE ESSENCE

Every 28 days, the moon manifests a steady progression from darkness to light, and then back again. This phenomenon in our skies has a powerful impact on our human psyches. It offers us the certainty that after periods of emptiness and darkness, there is a light waiting so we can be reborn into a new phase. This calls to mind a native African prayer to the moon: "May our lives be renewed as yours is."

The moon also has a strong influence on the ebb and flow of waters on the Earth. This same power, in turn, affects human feelings and emotions and mirrors their rising from or hiding back into the unconscious.

THE INVITATION

The moon spends equal time in the dark as it does in the light of the sun, and now it comes to remind you of this balance. Have you been too focused on outer achievements, productivity, or social engagements? Or have you spent too much time hidden from the outer world, not wanting to interact or show your face? Meditate on the significance of the moon's cycle, and let it gently guide you out of your bottomless depths. Head back to the world of outer expression and connection with others. Let it help you make time for yourself, your feelings, and your essential human and spiritual needs.

THE MEDICINE

This card calls you to go on a journey of renewal, just like the moon does every month, so you can get unstuck, whether from a specific situation or life in general. For this you need to make time to be with yourself without the distractions of modern society, and have the courage to look at the unwanted or unembraced parts of your being until you arrive at a place of resolution. Shamanic lore explains that the finest treasures of humanity are hidden where people are most afraid to go.



THE ESSENCE

This is the symbol of the mythmaker and storyteller who is neither made of nor defined by the story. Instead he observes it, evolves through it, perceives all aspects of it. In so doing, the Mystical Shaman represents the ability to dream a new story, a new myth, into being. He dances between worlds, wearing the cloak of the world loosely around his shoulders, and sings the world into being. He reminds us to be in the world and travel through it, but not to be defined by it or become too attached to the experience.

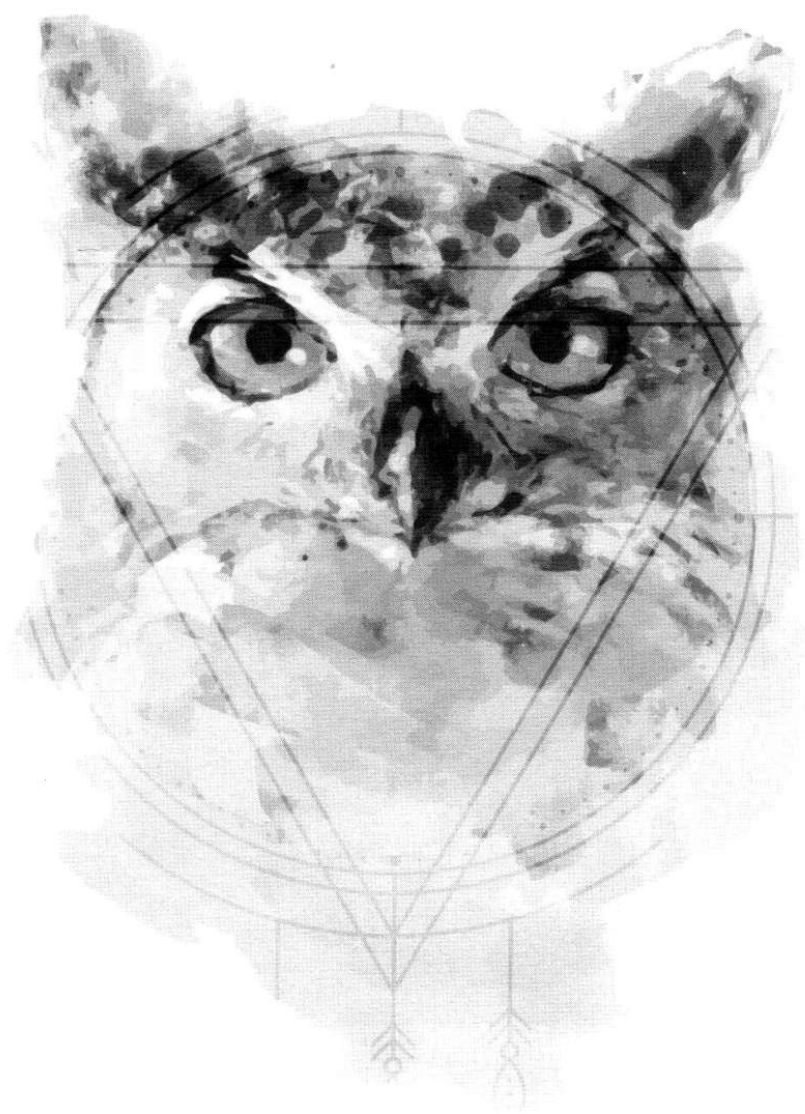
This is the symbol of true alchemy, for all elements of life have a spiritual aspect and a material one. When we remember this, all manner of miracles and manifestations are possible.

THE INVITATION

When the Mystical Shaman appears, you're invited to consider the ability to live without attachment. You are called to create and dream your life, to act on inspiration and divine impulse without fixating on a known story of success or achievement. Can you impartially observe the stories you tell yourself and others? What if you could become a mystery to yourself? Who would you become if you stopped telling the tales that have defined you up until now? You do not have to live in a story that has roots in the past. What if there were no need to explain you to anyone, not even to yourself? The way to your most extraordinary life is to become a blank slate and allow the form of your dreams and desires to show up, as it will. This is a sign of manifesting a life beyond your wildest dreams.

THE MEDICINE

Be careful what you pray for. The Mystical Shaman cautions you against relentless attachment to a certain form that you think will make you happy, prosperous, famous, loved, etc. However, in seeing your dream come into being, had you considered what you were willing to sacrifice for it? Perhaps you have been telling yourself a certain story for so long—the story that only when you reach this particular goal will you be happy, that you will arrive—you didn't even notice you're no longer the person who wanted those outcomes. You may have moved beyond those stories. Perhaps it's time to admit to yourself that you need to imagine a new story that is more in alignment with who you have become. This is just one moment in millions of moments in the continuum of a life. Let it go. Let it be just a story, and move on. Better tales are waiting to be told.





THE ESSENCE

Owl is the master of the night. She can see situations with perfect clarity, more so when it is dark, and is able to discern truth when others are sightless. She helps you find your light and your lightness in the darkest moments of your life, and to embrace the night as your ally.

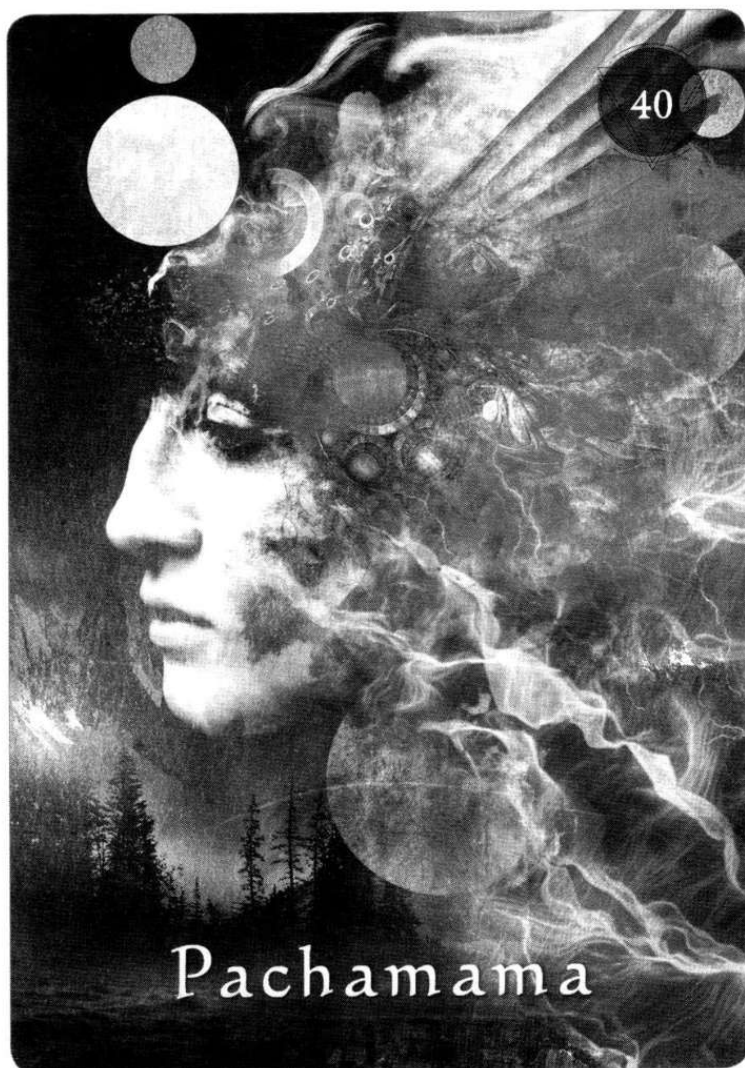
Owl can bring you messages from the invisible world. She opens your ears, so that you may hear the voices of the ancestors, and you may acquire their wisdom and make it your own.

THE INVITATION

Look around you, notice every detail, and find the hidden messages brought to you by Owl. Do not shoot the messenger; be grateful to the friend who shows you what you have not wanted to see until now. Observe all the facets of the diamond without judgment. Remember that the facets you dislike are often mirrors of the parts of you that you do not want to recognize. Do not be afraid of the truth, as it will become your compass.

THE MEDICINE

Owl guards against self-deception and insists that your motives be pure and transparent to all. What is the message that you are not hearing, the situation you are not seeing with clarity? Owl invites you to wait patiently. Bide your time until it is right to act. Then do so decisively, with no hesitation or remorse.



THE ESSENCE

Pachamama represents the unconditional love that the Earth has for all her children, including the stones, the plants, the animals, and humans. She is the Goddess of Earth, also known as Gaia, who pervades all creation in our planet. Thanks to Pachamama, our timeless soul can experience life in a biological body. The joy and pain we taste during our brief time on Earth are invitations to discover the boundless love of Pachamama.

THE INVITATION

You are a child of the Earth. Now is the time to eat right, love right, and be joyous, regardless of the circumstances you may find yourself in. Be grateful for your life, your body, and all that nourishes you. Pachamama invites you to relish each breath, embrace your joy and your pain equally, and discover love through both. Let Pachamama know how much you appreciate all her blessings with an act of service such as planting a tree, helping save an endangered species, or protecting the ocean.

THE MEDICINE

You still believe that you have been cast out of the Garden of Eden, that you are Motherless and homeless. You suppose that you need to work very hard to survive or thrive. It is time to stop suffering—let go of that old myth—and realize you were given the Garden to rejoice in and to become its steward. Your melancholy is really a longing to return to the heart of Pachamama. Listen deeply to the Mother who is always there for you. Walk in beauty, and honor all life!



THE ESSENCE

The rainbow symbolizes the seven steps of a true spiritual path, which manifest as the colors of the seven chakras. In the Himalayas, the rainbow body is seen as the full realization of our essence. The rainbow also represents the bridge between the physical and the spiritual worlds. At the end of our lives, we can journey across the rainbow bridge to the highest heavenly realms. When the rainbow appears, it is an affirmation that all is well and that you are in right relationship with Spirit.

THE INVITATION

The rainbow tells you that the end of the storm is near. Persevere, and remember that it is darkest just before the dawn. Do not give up hope; things are about to take a positive turn. Listen for the morning rooster that announces the coming of the dawn even while the night is still darkest. But do not claim victory yet or let your guard down fully.

THE MEDICINE

Don't get caught in pursuit of the illusion of the pot of gold at end of the rainbow. Find the treasure now, in the moment, by coming into right relationship with those around you. All your gifts are at hand, so obvious you may have missed them. Be true with your intentions, and do not be led astray by daydreams.



THE ESSENCE

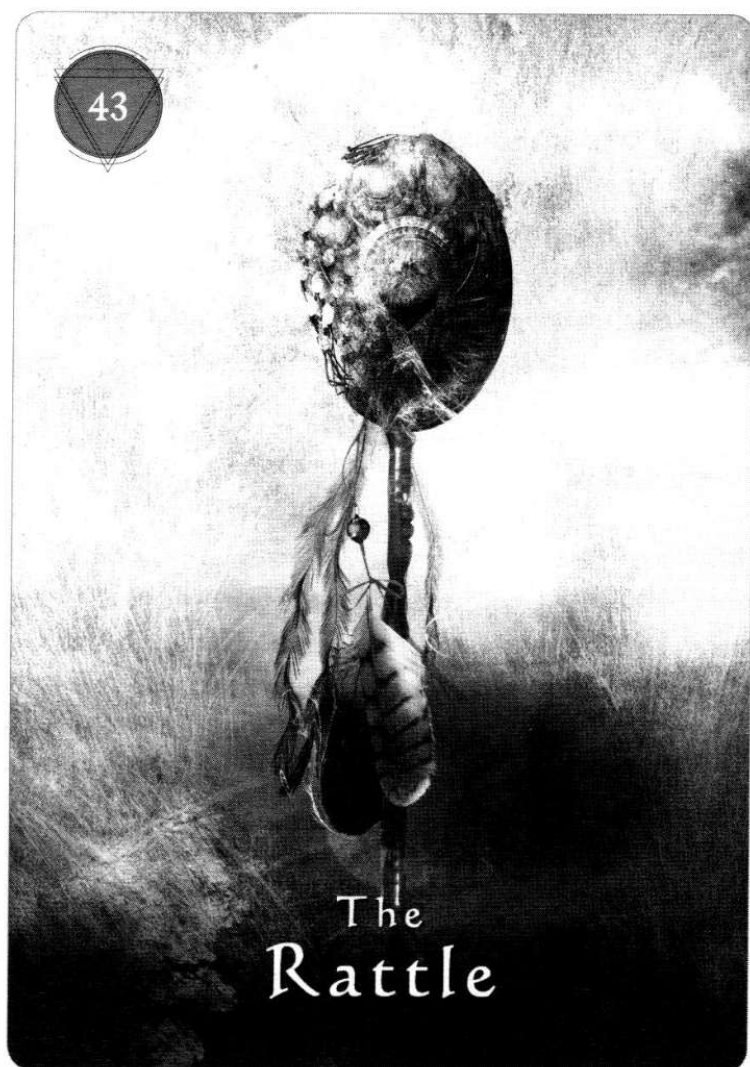
The Rainmaker is the master of manifestation, who can call on the elements of nature to serve the greater good. When the power to co-create is used with integrity, great beauty and benefit flow to all. When this power is used for personal gain only, everyone suffers. When the earth is parched, the Rainmaker calls the waters from the heavens, and all that is dormant in the fields and in people's hearts springs to life again.

THE INVITATION

The Rainmaker is calling you to create something new from the elements that are already in your life. Be sure you work with what is, and not with what might be or could have been. The seeds that have been silently germinating in your heart will burst forth ready for the sunlight. Do not hold back; put all your chips on the next roll of the divine dice!

THE MEDICINE

Recognize how you are co-creating your world—nothing is happening “out there” without your involvement. Remember that the world is only mirroring back to you the condition of your love and your intent, so change these within before you take any action. Do not take life personally.



The
Rattle



THE ESSENCE

The rattle is the Spirit-caller, carrying the shaman's prayer to the four directions. The body of the rattle is like the Earth spinning on its axis. With the aid of the rattle, the medicine woman instills a desired destiny in her future, closing with the prayer, "Great Spirit, may your will be done!" The rattle guides us to pray for all the Earth, not just for our personal needs. When we offer our prayers for the highest good of all, everything we need is provided for us.

THE INVITATION

The Rattle comes to invite you to work with the tools of Spirit, but be careful—they are very sharp and can hurt you and others if they are not used mindfully. Set your old tools aside, and take up the drawing instruments of Spirit. You are consciously stepping into partnership with the divine. This is the time for courageous deeds. Do not let your hesitation get in the way of your expression.

THE MEDICINE

You want to catch God on the whisper, not on the shout. What you are trying to craft to your own desires and expectations is already there, standing before you. Do not spin the world to your own benefit. You are being offered the Creator's tools, which must be put to use to serve a divine purpose.



THE ESSENCE

To sacrifice means “to make sacred.” The sacrifice is an offering of gratitude made from the heart, a feast of love prepared for Spirit. In olden days, sacrifices sometimes involved rituals in which blood was offered to the gods. For example, in the Bible, Yahweh preferred Abel’s sacrifice of one of his lambs to Cain’s offering of vegetables and fruits. In Middle America, however, Quetzalcoatl, the Lord of the Dawn, came to teach that Spirit preferred our songs and our prayers to the blood of humans or animals.

THE INVITATION

The Sacrifice asks that you offer to Spirit that which is most precious to you. Your offering will be sanctified and returned tenfold! You will be elevated to the altar at which you have been praying and meet the divine at the table with the heavenly feast. You are a welcome guest in this banquet.

Your heart is the only worthy offering you can bring. Life has been generous with you in so many ways!

THE MEDICINE

What is the one person or thing that you feel you cannot live without? It is time to offer it all to Spirit so that it may unfold, as it will. Do not cling to the old form or allow your sacrifice to weigh heavily upon you. You have sacrificed yourself and your dreams for too long. Now is the time to rededicate yourself to your journey. When you “make sacred,” you open the doors to infinite wealth! Do not delay.



THE ESSENCE

The Seer represents the capacity to reach beyond the obvious details of life, into the Hidden Realms where information is available to those with the discernment to perceive it. This symbol represents psychic perception, intuition, and the capacity to know something without prior exposure. The Seer knows truth, always seeks truth beyond all else, and sees reality as it truly is without judgment.

The Seer can read between the lines and understand what is not being said. He represents the power of clarity and being able to recognize patterns.

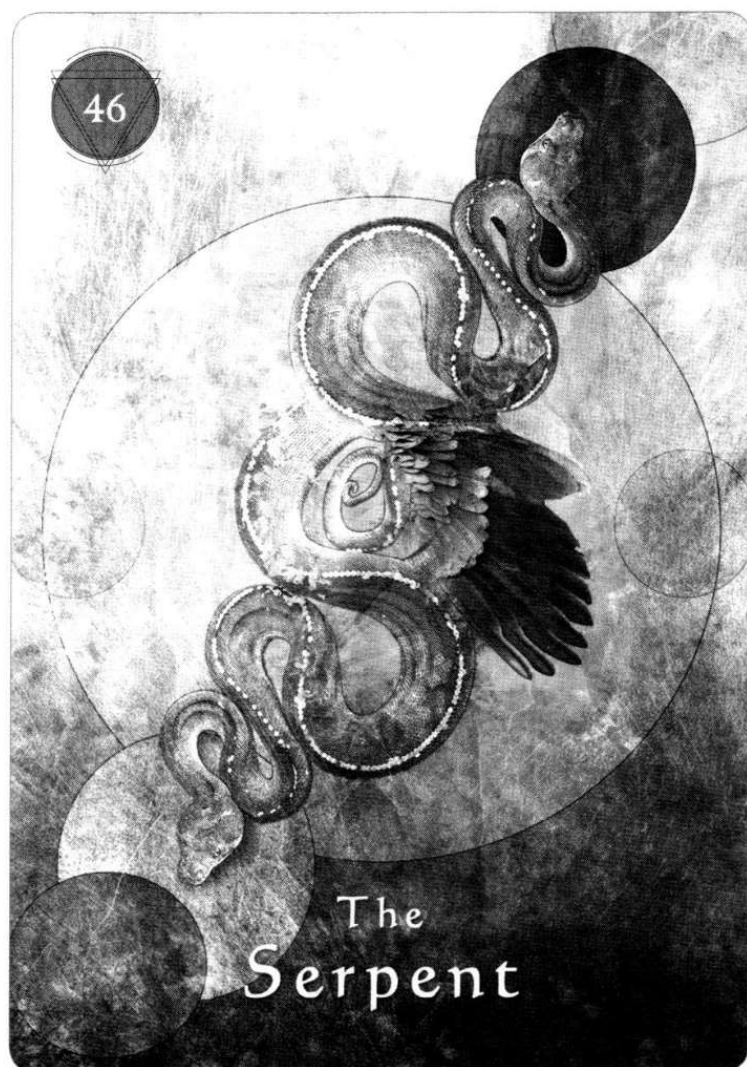
THE INVITATION

The Seer invites you to trust your intuition and follow it as it leads you forward. You may feel lost when it appears that your hunch is taking you in circles, or even through a maze, but the Hidden Realms don't follow the rules of a two-dimensional map. Trust your gut, and allow your perception of your circumstances to widen to include the nuances and subtle cues that you normally miss if you take things at face value. The Seer has gifted you with his magic. You are exactly where you're supposed to be. Your vision is clear.

THE MEDICINE

The Seer has arrived now to challenge you to get out of denial and begin telling yourself the truth about your situation. Wishful thinking will not make what you desire happen when you're refusing to see things as they are. The truth may hurt, but it will set you free to claim the bounty that is waiting for you to notice it.

This is a moment of true power. The Seer offers you his medicine. When you are ready, surrender your vision to Spirit and ask to be shown the truth—no matter the price. Once you do so, your eyes will open, and you will receive a powerful gift.



THE ESSENCE

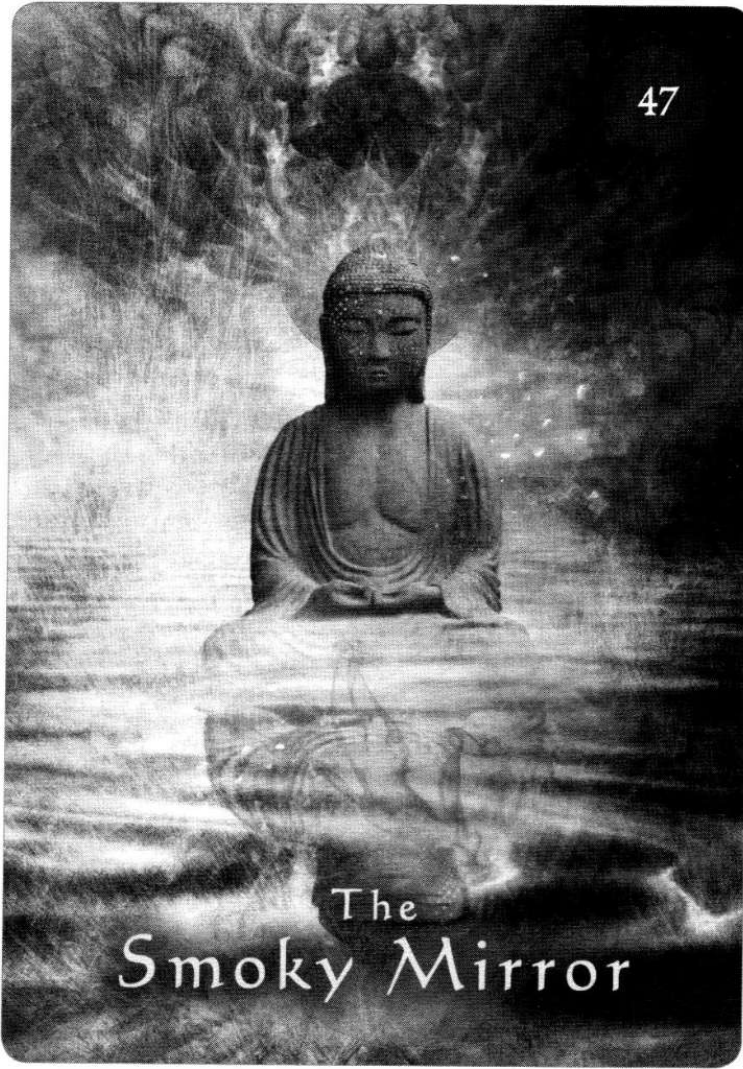
The Serpent is the life force of Mother Earth. The coiled serpent of the Kundalini brings passion, healing, and renewal. She offers us the fruit of the Tree of Knowledge in the Garden of Eden, and reminds us to shed the past the way she sheds her tired, old skin. Serpent comes to offer you the forbidden fruit that will set your passion and creativity free.

THE INVITATION

The Serpent power of the Kundalini is stirring within your chakras, gently asking you to embrace its mystery. Shed the old skin that you have been so attached to, and welcome the vulnerable pink underbelly that will bring you a fresh experience of your life. Your passion and sexuality are awakening, and this can be scary. Trust the wisdom of Serpent to transform your sensual energies into beautiful, original manifestation.

THE MEDICINE

When you shed the past gracefully, life will not strip it away with great drama—indeed, that is something you want to avoid. Do not use your energies to seduce others, or allow yourself to be seduced, even by your own ideas!



THE ESSENCE

The Smoky Mirror represents the aspects of what is implied yet cannot be immediately known in the world, the mystery of how things come together and how they fall apart without obvious causality. This symbol also represents the shadow of the human psyche, the parts of the self that one disowns. The Smoky Mirror can also represent a state of denial, or the inability or refusal to see the truth.

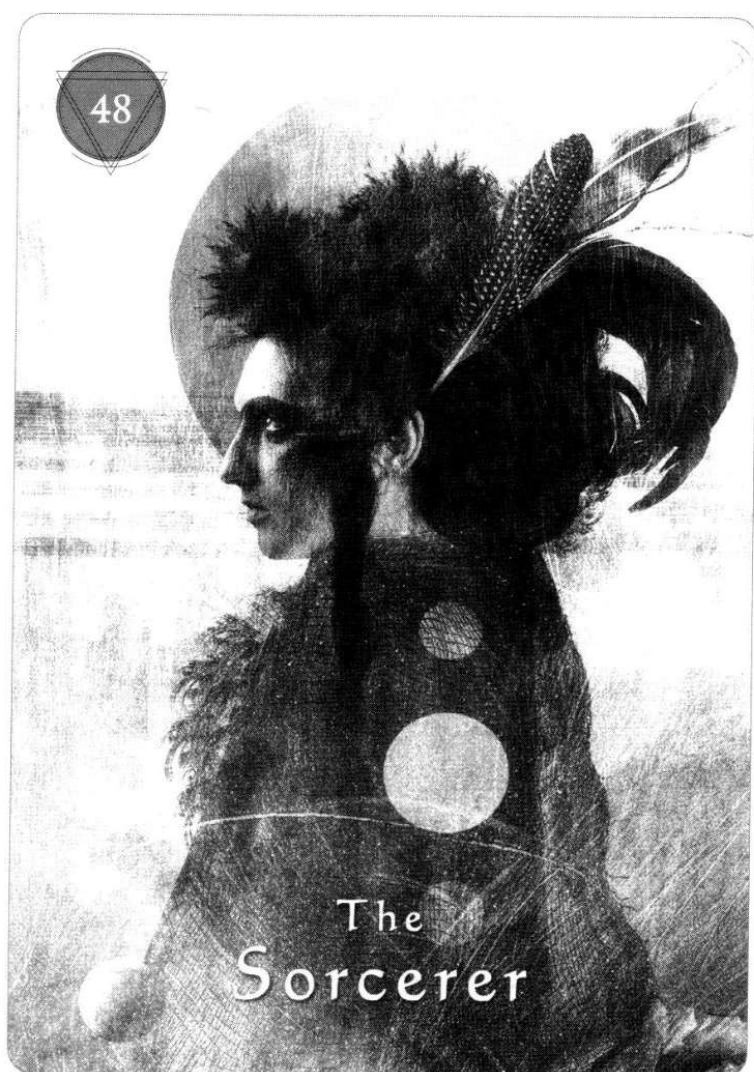
THE INVITATION

When the symbol of the Smoky Mirror appears, you're invited to see beyond your own self. Acknowledge that, past the limits of your current ability to perceive, there is a vast interconnected world where events are orchestrated in divine order but challenging to fully grasp. Now is the time to trust that no matter what the current conditions of your world reflect, in the Hidden Realms all aspects of the human journey are celebrated: the beauty and the darkness, the misery and the courage. No matter where you are on your journey, know that some things are meant to be a mystery, which you are meant to understand only through experience. Take heart, for the Smoky Mirror will ultimately show you beauty and wonder once the fog lifts the distortion you see now.

THE MEDICINE

Understanding the shadow of the human journey requires that you go deep into your story to discover the wound that prevents you from seeing the truth of your current situation. Your fears and expectations of disappointment and unworthiness may be clouding your capacity to see the potential in yourself and others.

The Smoky Mirror may be showing you things you don't want as a result of your conditioning. These can become even more real, but only because you are making it so. The choice is yours. The world will hold you accountable for what you see and create. Can you see through the eyes of truth and faith instead?



THE ESSENCE

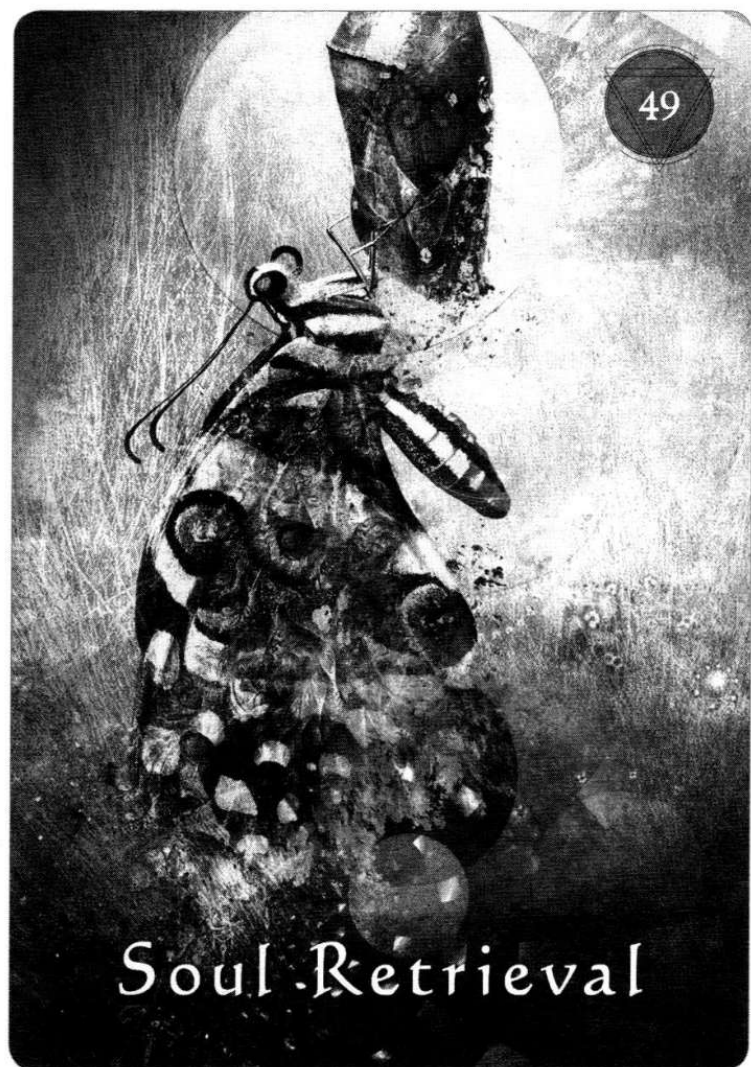
This is the source of dark power. The Sorcerer represents the destructive aspect of the human psyche and the self-centered behavior that harms others. It symbolizes the unconscious beliefs and ideas that foster separation, conflict, and scarcity.

THE INVITATION

When the Sorcerer enters your circle, you're being called to look at how your beliefs around scarcity and self-centered fear manifest in your world. Examine the destructive part of your psyche that misuses power or harbors feelings of resentment, vengeance, lust, greed, bigotry, or hatred. Perhaps you've harmed someone because of these dark tendencies. If so, all is not lost. You have only forgotten that all beings are interconnected and the universe is abundant. The Sorcerer arrives to challenge you to change your thinking. You're given a second chance. Correct your course and practice not blaming others for the darkness that lives inside you. Make peace with it and choose another way.

THE MEDICINE

Have you been feeling out of sorts because you've been faced with your own character flaws and the pain that you inflict on others when you are out of alignment? Radical self-acceptance is called for now. You must reconcile these darker aspects of your nature so you don't behave irresponsibly and cause more harm to yourself and the ones you love. It's time to come out of denial and accept responsibility for your words and deeds. When you meet the energy of the Sorcerer with humility, this destructive power transforms into grace, which you can use in service to the highest good. Perhaps it's time to make amends. Do it. It will set you free from the shadows and let you step into the Light.



THE ESSENCE

Soul Retrieval is a practice that helps you recover a part of your self—your energy, your enthusiasm, or your innocence—that you have lost. At first, we'll use soul retrieval to recover from our hurts and heal our childhood wounds. Later, we learn to journey to recover our original nature—that self that never left the Garden of Eden, who still speaks to the rivers, to the trees, and to God. When we return to Eden, we are whole again.

THE INVITATION

You are no longer fragmented; you are *one* with Creation. You have healed the cause of the pain you feel, so you do not need to dwell on it any longer. Really, it's true! If you are still hovering over an old wound, find a new flight path. Don't be distracted with the little stuff you've already mastered. Go for the big one, the journey back to Eden.

THE MEDICINE

When did you compromise what you truly believed in to be loved or accepted by someone? Think back over your life and find the time or times when this happened. Vow never to compromise your integrity again. What have you agreed to in the name of love that you know is deeply wrong? Make it right this instant.



THE ESSENCE

From galaxies in the sky to diminutive shells at the beach, the spiral is found extensively in the natural world. Its shape in the form of a coiled serpent has been used since ancient times as a tool for growth and transformation.

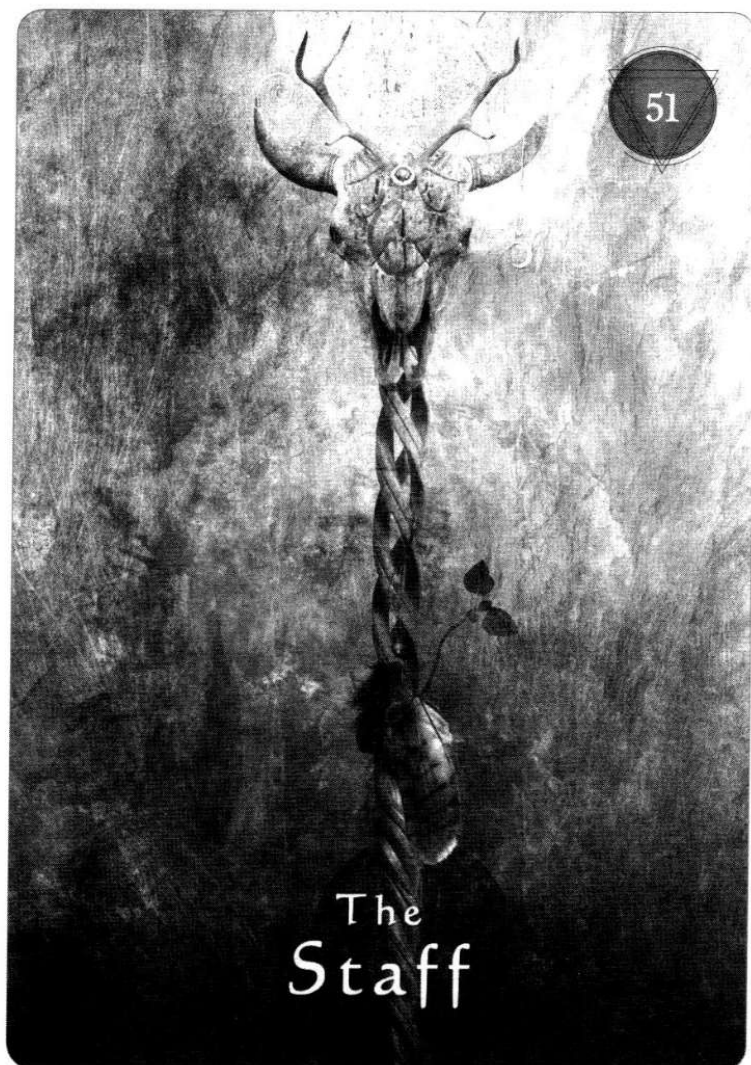
The spiral is a guide for entering deep into one's consciousness and the unknown, and then extending far out into the heavens. It is crucial to surrender to this journey until the exhausted paradigm dissolves in the depths of the psyche and its energy is released to give birth to a new reality.

THE INVITATION

To renew yourself, you must shed your old skin. You have already done this, so do not keep scraping away at the old, but welcome the soft new skin that is starting to grow. Break the habit of working on your faults all the time, and let nature take its course. Know that a new skin feels vulnerable and scary at times. Trust the medicine of the spiral as it guides your journey of renewal.

THE MEDICINE

The spiral announces a descent to the depths and a rebirth. Allow nothing to get in the way of this process, as the time is right and the forces of nature are supporting you in this endeavor. Using stones, twigs, or yarn build a spiral on the ground that is large enough to walk through with at least three turns. Enter the spiral slowly. Once in the center, offer to the earth the feelings or situations that you no longer want in your life. As you walk back the way you entered, feel recharged for your new journey.



THE ESSENCE

The staff is the symbol of authority. It holds the power to temper extremes. The staff helps you find the right course of action, the “way of the middle,” and aids you to maintain your balance after you begin walking in that direction. Moses carried a serpent staff through the desert, and with it he could summon the power of nature to heal or call plagues.

The staff reminds you of the impermanence of all things, and that your authority must come from your deep longing to serve.

THE INVITATION

You know how to flow easily between polarities, how to weigh all possibilities and instinctively select the right path. Trust your inner wisdom and take the first step on a journey that your heart has already embarked on. Use the power of the staff to unite what appears to be divided, to find that delicate balance between will and surrender.

THE MEDICINE

You are caught in the delicate balance between opposing forces, between masculine and feminine, between action and nonaction. Use this to your advantage, as there can be no day without night, no low without high, no wrong without right. This is the time to take corrective action, beginning with your beliefs about what needs to be fixed or repaired. Let destiny take its course, nudging it slightly along.



THE ESSENCE

When Standstill appears, it is a symbol of pausing, the act of observation, and breathing space. It represents the benefits of temporary nonaction as well as what happens when one is stuck.

THE INVITATION

When things seem to stall or stagnate, or when you feel stuck, this symbol appears as a reminder that constant action isn't going to get you where you want to go. Perhaps it's time to gather more information or just wait until the universe makes the next move. No matter what, this moment is a beautiful gift orchestrated in your favor. Enjoy it. Let the universe bring all the parts together for the highest good. Go and play, recharge, and take the focus off whatever has stalled. Life will get busy again for you sooner than you think.

THE MEDICINE

Time to get out of "analysis paralysis." Standstill invites you to turn within, breathe, and recognize this is the condition of the moment; it allows you the opportunity to bear witness to whatever is going on before movement resumes. This is also an opportunity to abort a project, to exit before damage! And it may also be time to relieve you of an unnecessary burden that you took on without considering the cost. Which one it is depends on your stopping, taking a deep breath, quieting your mind, and removing all your distractions. Then you can make your next move in a grounded, relaxed, detached way.

When something doesn't go the way you think it should, remember the following: what is yours cannot be taken away.



THE ESSENCE

The sun is acknowledged by many cultures as the foremost masculine force. In other traditions, it is seen as the feminine in her full power. Either way, it is the most brilliant light for all beings and allows life to sprout from the dark, feminine Earth. It can be gentle and warming close to sunrise or sunset, fall or winter—or it can be destructive, as in its zenith during a scorching summer.

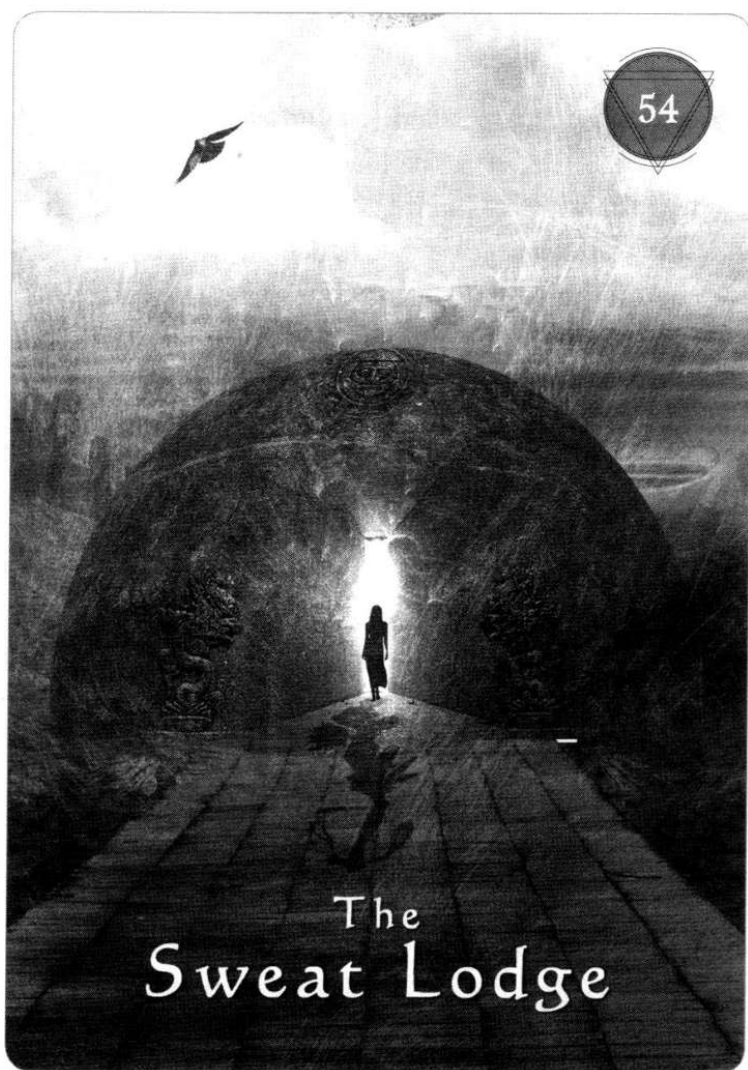
THE INVITATION

Have you been hibernating? Have you been introspective?

It is time to come out of your cave and savor the life-giving light of our star. The sun rekindles your passion and your creative energy. Life is calling you to shine your light and to add your lightness and humor to the seriousness around you. Get out and play!

THE MEDICINE

Have you been shining your light for too long? Remember that daylight is only one half of the day. The night must have her equal time, and she offers us her gifts as well. Be careful not to be blinded by your light or the light of others. Do not become enamored with yourself, or worship others—beware your shadow! Revel in your midday glory, but do not be afraid of the waning of the light at dusk.



The
Sweat Lodge



THE ESSENCE

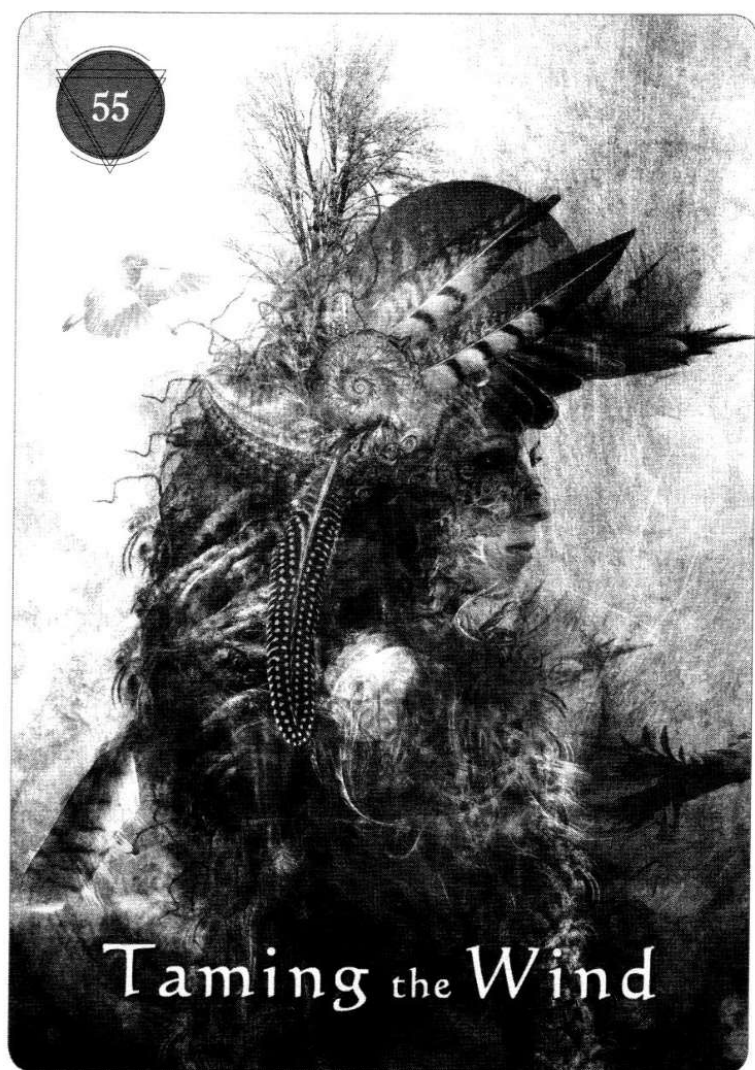
The sweat lodge represents the womb of Mother Earth. Volcanic stones are heated in a fire outside, then brought into the lodge and placed in a shallow hole in the center. Participants sit in complete darkness around the red-hot stones to sweat away old habits and beliefs, and heal disease. When you return humbly to the womb of the Mother, you are offered second chances.

THE INVITATION

This is a time to journey inward into the dark and hidden places of your soul to reconnect with the ancient earth wisdom. You can also create a sacred and intimate space in the dark by lighting a candle. Observe what emerges and, without judging it, invite it to bring you its gifts. You are being offered an opportunity to shed and heal from the aspects of your life you have outgrown. Do not worry that you will be consumed by the process.

THE MEDICINE

Life is offering you a second chance. Take it, since this chance may not come your way again for a while! Mother Earth is calling you into her womb and inviting you to incubate as long as needed for a spiritual rebirth. Gift yourself time to be with your darkness—your fears, your pain, and your seeds of beautiful potential—until you come out the other side free, wise, and full of creativity.



THE ESSENCE

Here the feather, a symbol that is used in clearing ceremonies, for smudging, reminds you of the sacred commitment you make to your life. This is the symbol of consciously bringing the spiritual into the material, infusing the world with reverence and an acknowledgment of the higher planes of existence that influence and animate all life. The feather is a symbolic reminder of deliberately entering into a partnership with the Great Spirit to co-create for the highest good for all.

THE INVITATION

It's time to clear your energy, be present, and become conscious of how you communicate. This is a good time to write in a journal and put your thoughts into a cohesive form. Perhaps you need to actually do a smudging ceremony in your home or office, creating a sacred space to write about your dreams and desires. Just remember that when Taming the Wind appears as a symbol, it is time to honor the Great Spirit with reverence and respect.

THE MEDICINE

It's time to clean up any misunderstandings with others. Clear the air after disagreements, and allow others to share their side of things. You are called now to be a good listener. This is not a time to be right. It's a time for you to understand rather than be understood. Good things come out of this restraint of tongue and pen. You will be surprised at how things get resolved when you allow for all sides to have value.



THE ESSENCE

Legends speak of great Thunder Beings who live in the sky and call for your attention when great occurrences are meant to happen in the world. They warn when tensions in a situation are called upon to be released. Their presence in your reading reminds you of the dramatic moments in life that change everything. Both awesome and frightening when Thunder arrives, it is also a wake-up call, one that you will not soon forget.

THE INVITATION

When Thunder comes into your reading, it refers to a big dramatic change that feels like a herd of wild bison on the run. You feel it right through your bones, and you know that you are powerless to influence whatever events have been set in motion. This is a time to be prepared for anything. Your life is an adventure, and wonderful opportunities are arriving now. The trick is to learn to run with them. Qualities that you'll need now more than ever are flexibility, dexterity, and a willingness to experience it all without dictating from where or in what form opportunities will come. Your destiny is arriving. Be ready!

THE MEDICINE

Do you feel like unnecessary drama is waylaying your life? Could you be exhausted from listening to others tell you their never-ending victim story, or could you be telling yourself a version of the same? It's time for an about-face; you're being warned that to continue on this path will cause you to regret your choices, even if they appear benign or familiar. It's time to say no to drama, both yours and others'. Focus on solutions rather than problems. You are worthy of a drama-free life.



THE ESSENCE

Time is a construct of the human mind through which life events are seen to flow in a straight line, from past to future. This, however, is an illusion. Time moves in patterns, fractals, sometimes turning like a wheel and others moving straight as an arrow.

Humans see time like a ticking clock, and this image reminds us that there is only so much of it to spend in a life, like a kind of currency. At any given moment, you can see time in all its infinite potential: at once vast and all encompassing, then shrunken and finite. It all depends on perspective.

THE INVITATION

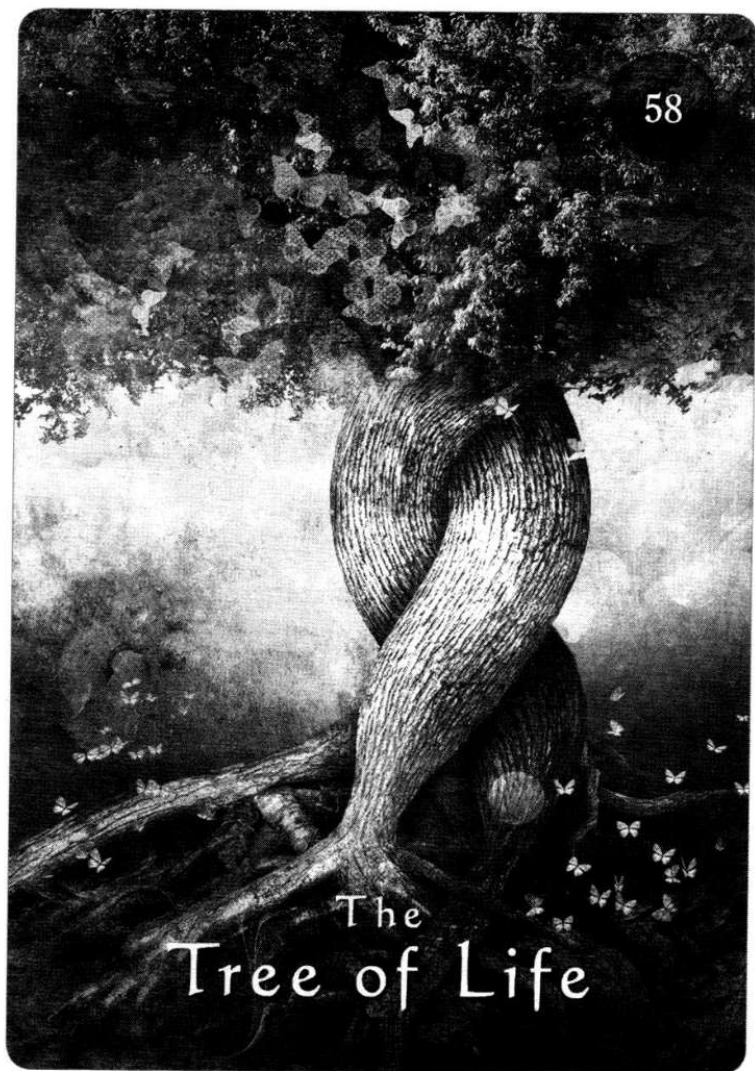
When the Time Master visits you, he asks a most important question: "Will you break free from limited cause-and-effect thinking by moving beyond the linear illusion, and welcoming the cyclic quality of time?"

You find yourself in a moment when the wheel of time turns, and you're able to influence the past, thus changing the present and future simultaneously! This is the true test of the Time Master. You're being invited to take back your power, so let go of the past and choose to step into your life. In this moment you are all-powerful. You are the Time Master. Anything is possible now.

THE MEDICINE

Sometimes it appears that you are running out of time. You worry you won't get what you need or want. Everything gets stuck like a logjam. This is only in your mind. Time expands and contracts according to your ability to be mindful and observant. Fully engaged in your "now," it's time to release the story of your past. Equally, it's time to release your need to know the details of the future.

All the treasure magically reveals itself when you remain relaxed and present to what is directly in front of you and nothing else. Then you realize you have all the time in the world. You will never run out of it!



THE ESSENCE

The tree of life is a sacred symbol throughout the Americas. Its deep roots reach into the lower world, the unconscious, while its branches reach to the heavens, the source of destiny. To be whole in your life's journey, it is important to have deep roots and high branches. A tall tree with shallow roots falls in the first wind, but a tree with deep roots can weather any storm.

THE INVITATION

To find health and balance in your life, reflect on how you dance with your actions, your thoughts, and your feelings. If you are too much in your thinking head, or in a world of fantasies and daydreaming, connect more with your roots and physical body. If you are caught in mechanical doing and you are feeling stuck, not able to imagine a better life for yourself, open yourself to be inspired by the heavens. Let your roots and branches be aligned with your heart's longings.

THE MEDICINE

What nutrients do you need to add to your soil to grow strong? The seed of the oak will not grow on barren ground or without the light of the sun. What dreams do you want to awaken to create a mindful destiny?

Reflect on how you want to blossom, the kind of fruit you want to produce, and where you want to sow your new seeds. Be a conscious creator!



THE ESSENCE

Angels, divine helpers, the Ancient Ones, and all varieties of luminous beings populate the upper world. It is the place where you go to retrieve your destiny and find out who you will become, discover your great potentials and undreamt-of possibilities. It is also the place where the spirits of the dead arrive when they complete their journey to the light.

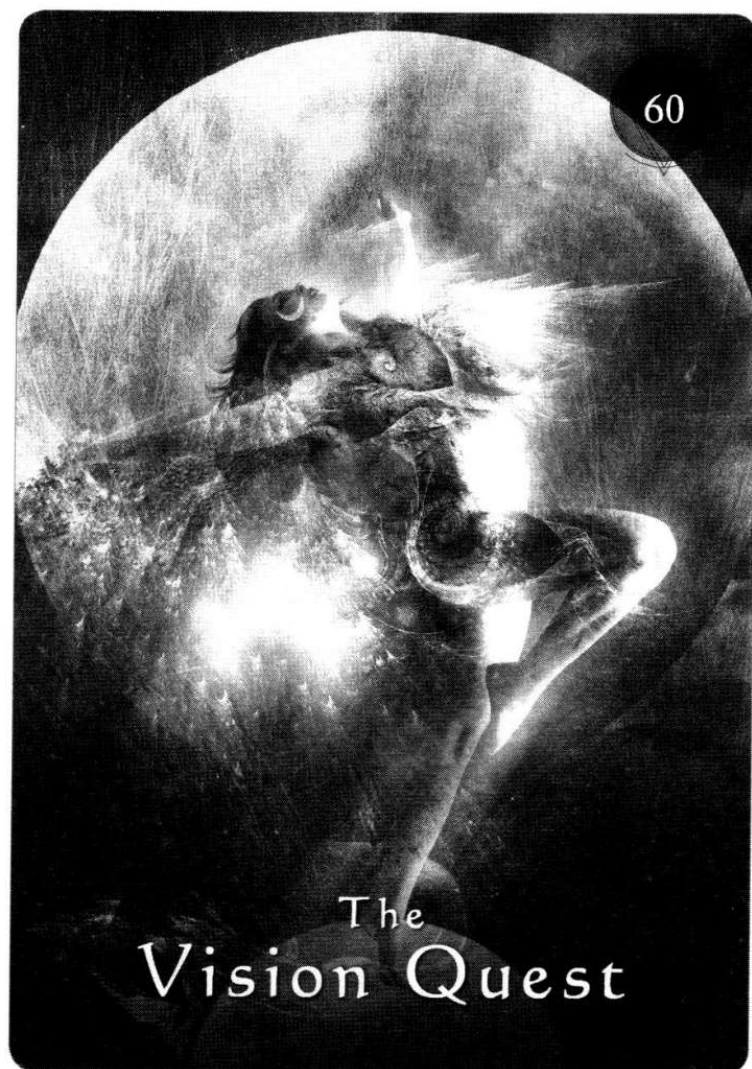
THE INVITATION

The upper world is calling you to step into your fully realized self. Clear distractions so that you can move into a higher destiny. Do not fall to the temptation to craft a slightly more improved version of yourself.

What you perceive as a problem or an obstacle is in fact the irritation you need to take the great leap. Remember you cannot cross the Grand Canyon in two small jumps.

THE MEDICINE

Ask your divine helpers for guidance. If the oracle has already spoken to you, do not ask for more guidance; take what has been offered. Now you must deal with the lethargy and idleness. While support for a new destiny is not yet in place, a new destination is available to you if you act now.



The
Vision Quest



THE ESSENCE

In the vision quest, you face your fear, embrace your mortality, and then meet face-to-face with Spirit. When we feel stagnant, a vision quest brings our lives into perspective. We realize our flaws, our potential, and the opportunities life is now offering us. We remain on a vision quest until we find the key to open a new door or write a new chapter in our lives.

THE INVITATION

Find clarity by spending time alone in nature. If you live in a city, go for walks in a park. If you live in the country, make sure that you spend time outside, in contemplation. Get off the couch, get away from your desk, go outside! Spirit helps those who help themselves, so set your intention and ask nature for a guiding vision for your life.

THE MEDICINE

Spirit has been trying to contact you but received no answer. You are too busy with your life, and there is too much noise inside your head. Do not miss the call again! Make room for quiet time this evening, allow yourself to become bored for a little while, and you'll be able to hear the important message trying to get through.



THE ESSENCE

Water symbolizes purification, regeneration, birth, revival, and cleansing. It signifies an evolutionary shift from former self to new self.

Many myths around the world speak of a “great flood” and the new life that is revealed after a deluge. Water begins without boundaries. Then, as soon as form has separated itself from water, it comes under the laws of time and life, thus acquiring limitations.

THE INVITATION

When Water arrives, you’re invited to watch your emotions; know they are going to be changeable, and do not settle on a conclusion at this time. If you feel joy, feel that fully; if you feel sad, allow sadness to move through you. Water invites you to see the ebb and flow of events and trust you can ride the wave of opportunity when it arises. Natural flow is here. Go with it.

THE MEDICINE

This is a time for cleansing unwanted energy and sticky feelings. Consider this: what water does to the flesh, it does in sacred ritual to the spirit. The spiritual cleansing, like baptism, is the opportunity to get an instantaneous experience of the timeless, nonordinary reality in which all true creation takes place.

Now is also a time that is pregnant with potential for you. Carl Jung talked about the maternal, womblike significance of water as a universal symbol. Water represents the potentiality of existence. It precedes and sustains every creation. Emergence from it is manifestation; immersion in it is dissolution of form. Because of this, it symbolizes regeneration.

Make way for the process. You can expect it to be messy but worth it.



THE ESSENCE

When the Wild Woman dances into your reading, she reminds you of the essence of authenticity and freedom. Divested of all social constraints and cultural conformity, the Wild Woman holds up a mirror to your essential self—the true essence of who you are and who you’re meant to become. She is a reminder of the bright light within each of us that gets dimmed by the restrictions imposed upon us by the expectations of society. She reminds us that in order to be fully present to life, we must uncover that light and let it shine brightly, regardless of the perceived consequences.

THE INVITATION

When the Wild Woman comes to dance in your reading, you’re invited to shine brightly and to know that your true self is being called out to engage the world. This is a symbol that your long-held dream is beginning to take root and wants to be expressed. Your authentic self doesn’t fit in a box; it needs the freedom to shine. It’s time to have courage and step into the light. The Wild Woman says: “Shine brightly, dance with abandon, be yourself, and let the Great Spirit decide what happens.” You’ll be happy you did.

THE MEDICINE

Excess for its own sake is a sign of imbalance. This is a warning that you may be trapped in obsessive thinking or behavior, looking for release in places that will never provide it. Let go, lest you become like the Hungry Ghosts of Chinese Buddhist lore that can never be fulfilled. True release comes from trusting the fluidity of life—understanding that just as a river needs its banks to flow through, so too do you need boundaries around your thinking and behavior. Now is the time to simplify, be mindful, and connect to that light within.



THE ESSENCE

The symbol of the Wind represents the element of air; it rules communication, thought, song, and inspired ideas. It also signifies change with qualities both positive and negative. The wind blows from each of the four directions, and there are different qualities bestowed by each:

- *South:* carrying a new sense of trust, helping you gently begin to discard habits and parts of you that are no longer needed
- *West:* calling you to more introspection, to a willingness to make final decisions, to let go of attachment and ego desires
- *North:* moving to bring you wisdom and strength
- *East:* carrying clarity of vision and purpose

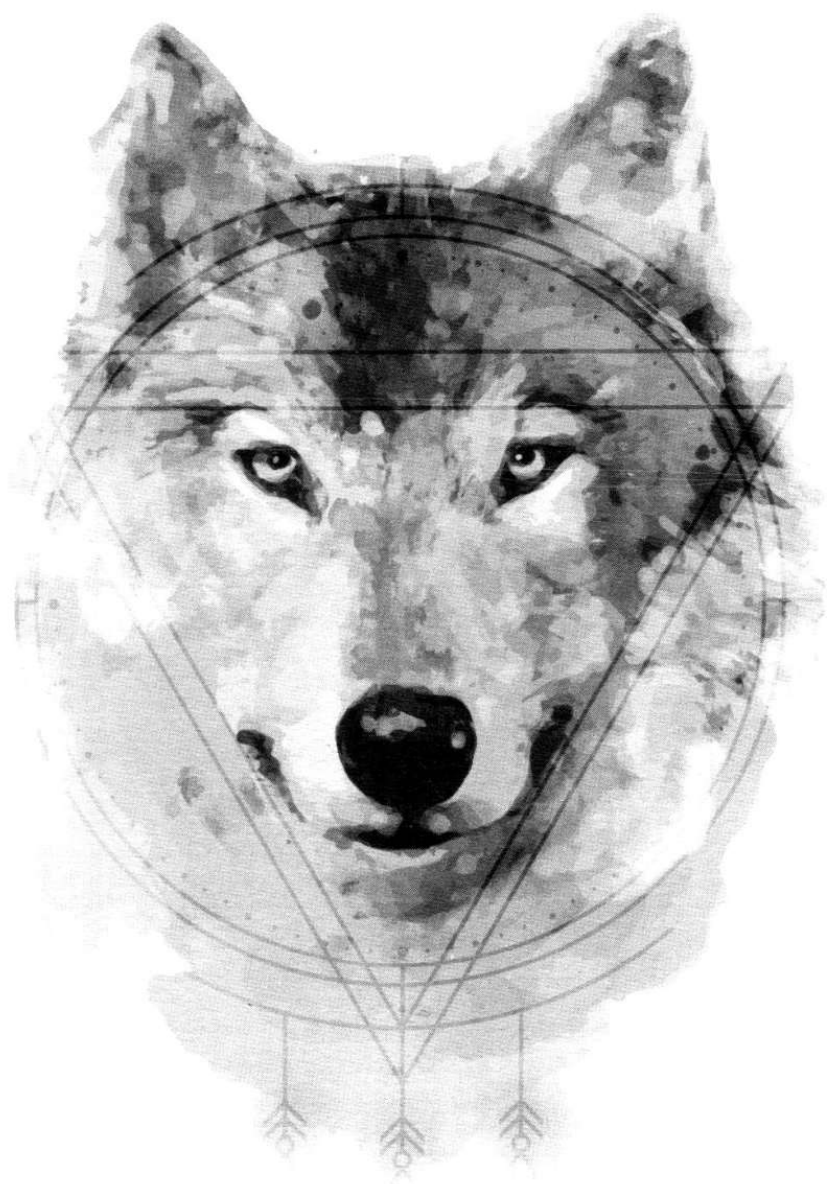
Whichever way the wind is blowing for you, the message, which the wind whispers or shouts, is a challenge. It may take courage at first to turn and face the wind, but you will find exultation in moving toward it and receiving its lessons.

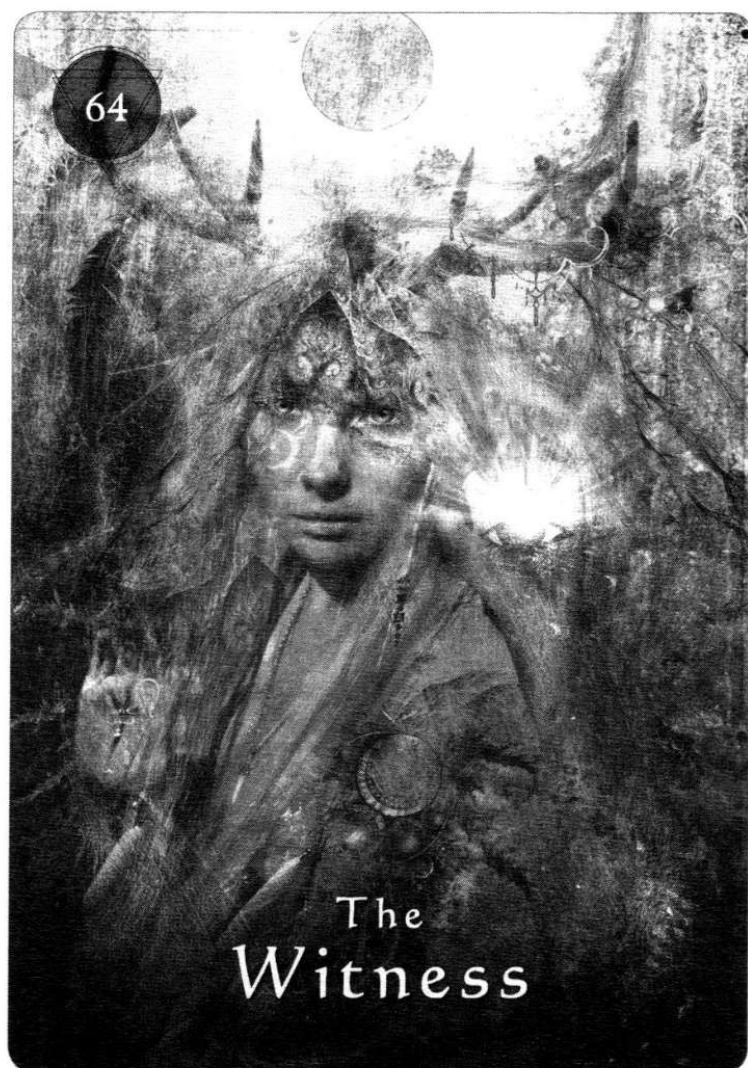
THE INVITATION

When the spirit of the Wind comes calling, it's a sign of change. Perhaps you need to change your mind about something. Perhaps an old way of doing things has become automatic, and now that you've gained greater clarity, you can make a new choice. Regardless of what the change is, you can expect to be understood and to have clear communication with others at this time. Ideas are solid, and the shift that is being called for is in the highest good of all.

THE MEDICINE

When Wind comes as medicine, you're being invited to recognize the value of chaos. Windstorms provide necessary chaos to clear the air and spread seeds so plants and trees can take root in new fields. Right now it may seem as if your world has been turned upside down, but this is a temporary storm that will blow over. Perhaps communication has broken down between you and another, or your many to-do lists are overwhelming you. The medicine is to simplify, slow down, course correct if you need to, and wait out the storm to clean things up. Just know that all storms have great value if you can remain neutral during their course. Greater clarity and good things will come from it all. Remember, this too shall pass.





THE ESSENCE

The witness observes without engaging in any action. By cultivating inner stillness, we are able to assess any situation from a higher perspective and make better decisions.

When we can be present for someone else's difficulties with stillness, then we are able to truly hear them and give better advice. Sometimes we can be so still that we are a mirror for the other. Then, through our presence, they receive their own answers.

THE INVITATION

The witness that has been by your side all along is now ready to become your ally. You thought you were the doer, but today you discover that things happen when you get out of the way. Witness creation unfolding before you. Change reality by finding stillness and letting your true intent reveal itself.

THE MEDICINE

Acknowledge your preconceptions, ideas, and feelings about the situation you are in, but resist the urge to change any of it. Do not fall back into your controlling patterns. Instead, take a few breaths, and connect with the joy of not having to perform. Hold space for the world to keep spinning on its own.

ABOUT THE ARTIST



Jena DellaGrottaglia is a native New Yorker who now lives in Los Angeles with her husband, soul mate, and best friend, Daniel. She also has an affinity for animals, as her adopted four cats would attest to wholeheartedly. She is a self-taught artist who believes in being eclectic and unique in her styles, hoping to always evolve and create new and wondrous art. Her influences range from Michael Parkes and Gil Bruvel to the amazing Terese Nielsen and many more.

Website: autumnsgoddess.com



ABOUT THE AUTHORS



Alberto Villoldo, Ph.D., is a medical anthropologist who has studied the shamanic healing practices of the Amazon and Andes for more than 25 years. He is the founder of the Four Winds Society, an organization dedicated to the bridging of ancient shamanic traditions with modern medicine and psychology. The Four Winds Society Light Body School is internationally recognized as the Gold Standard in shamanic education, preparing wise and ethical energy-medicine practitioners.

Alberto is the author of *Shaman, Healer, Sage*; *The Four Insights*; *Courageous Dreaming*; *One Spirit Medicine*; *A Shaman's Miraculous Tools for Healing*; *Soul Journeying*; and *The Illumination Process*.

Websites: thefourwinds.com and albertovilloldophd.com



Colette Baron-Reid is an internationally respected spiritual intuitive, psychic medium, educator, and oracle expert. Her best-selling books and oracle cards are published worldwide in 27 languages. She is the founder of Oracle School, a global online learning platform with students in 26 countries, where self-empowerment, co-creation, and ancient oracles meet in a modern contemporary way. Colette is also the creator of the energy psychology technique the Invision Process®. She spends her time between Canada and the USA with her husband and two Pomeranians.

Colette is the author of *Remembering the Future*, *Messages from Spirit*, *The Map, Uncharted*, and the best-selling oracle decks and apps *Wisdom of Avalon*, *Wisdom of the Hidden Realms*, *The Enchanted Map Oracle*, *Wisdom of the Oracle*, *Postcards from Spirit*, and more.

Website: colettebaronreid.com



Marcela Lobos has been initiated in the healing and spiritual traditions of the Amazon and the Andes. She was born and raised in Chile, where she leads expeditions, working with women shamans who belong to a matriarchal society that still holds the wisdom and passion of Mother Earth. She is senior staff member at the Four Winds Society and is married to its founder, Alberto Villoldo. Together they travel throughout the United States and Europe, teaching the wisdom of the Medicine Wheel. They founded Los Cuatro Caminos in South America to share the same wisdom in Spanish. Marcela is passionate about taking women through rites of passage that allow them to find their power, grace, and wisdom.

Website: www.marcelalobos.com



We hope you enjoyed this Hay House book. If you'd like to receive our online catalog featuring additional information on Hay House books and products, or if you'd like to find out more about the Hay Foundation, please contact:



Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100
(760) 431-7695 or (800) 654-5126
(760) 431-6948 (fax) or (800) 650-5115 (fax)
www.hayhouse.com® • www.hayfoundation.org

Published in Australia by:

Hay House Australia Pty. Ltd., 18/36 Ralph St., Alexandria NSW 2015
Phone: 612-9669-4299 • Fax: 612-9669-4144 • www.hayhouse.com.au

Published in the United Kingdom by:

Hay House UK, Ltd., Astley House, 33 Notting Hill Gate, London W11 3JQ
Phone: 44-20-3675-2450 • Fax: 44-20-3675-2451 • www.hayhouse.co.uk

Published in India by: Hay House Publishers India,

Muskaan Complex, Plot No. 3, B-2, Vasant Kunj, New Delhi 110 070
Phone: 91-11-4176-1620 • Fax: 91-11-4176-1630 • www.hayhouse.co.in

Access New Knowledge.

Anytime. Anywhere.

Learn and evolve at your own pace
with the world's leading experts.

www.hayhouseU.com

Anywhere, anytime card readings
on your mobile device!

Download the mobile app and
get a FREE 7-Day Trial



Available in the App Store



or visit www.hayhouse.com/apps